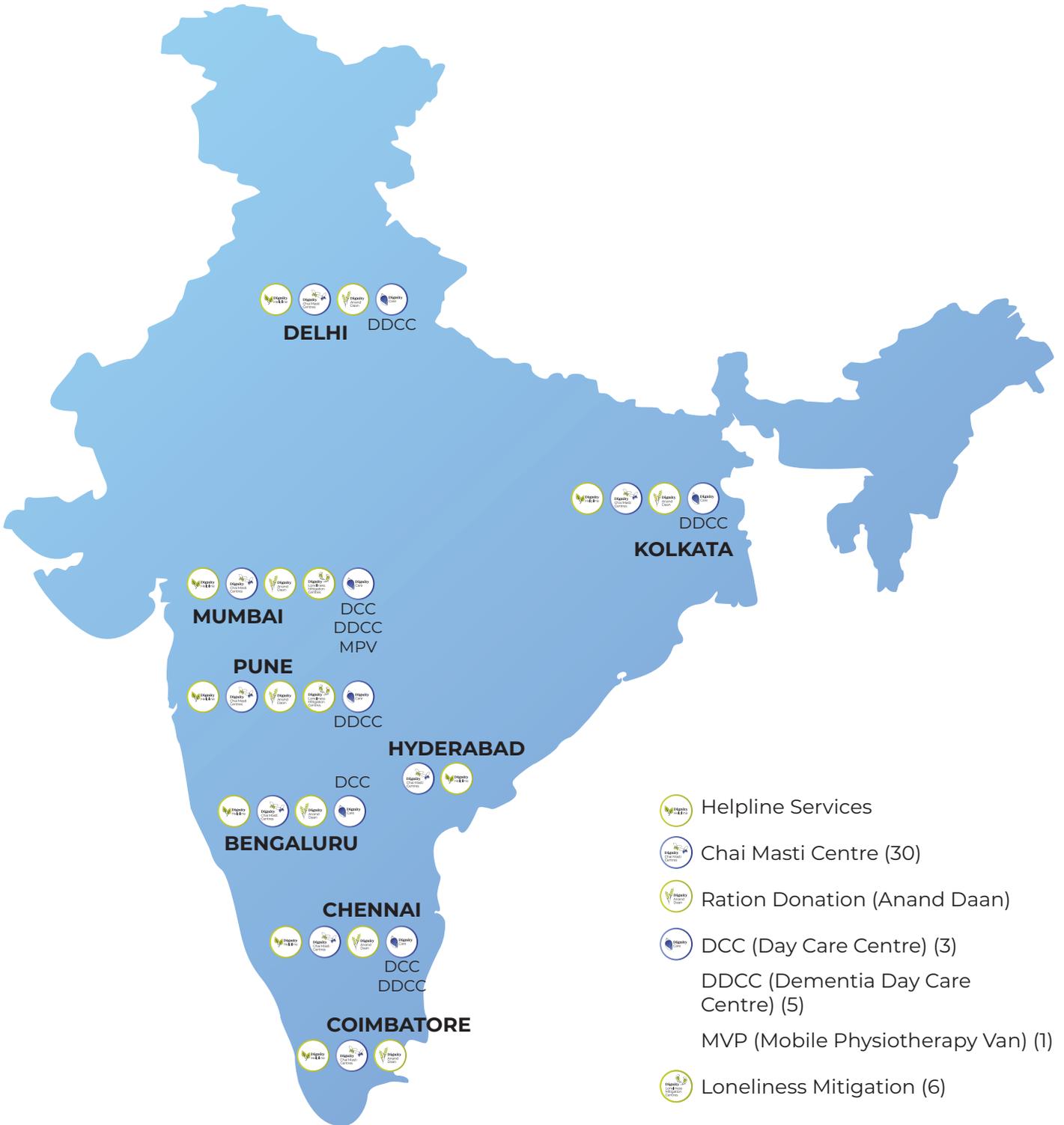






PROGRAMME OUTREACH



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ABOUT US



Enable senior citizens to live life with dignity and security and enjoy life in a fulfilled and fun filled manner.

To change the way people look at Ageing in India.



- Geriatric Day Care Centres for Poor Elderly
- Dementia Day Care Centres for Senior Citizens
- Geriatric Mobile Physiotherapy Van for Poor Elderly



- Dignity 24x7 Tollfree Helpline **1800 267 8780**
- Monthly Dry Ration Kit Distribution to Poor Elderly (Anand Daan)



- Loneliness Mitigation Centres for Poor Elderly
- Chai Masti Recreation Centres for Senior Citizens
- Dignity Dialogue Magazine for Senior Citizens



India is rapidly urbanising, leaving the elderly parents and grandparents lonely and neglected. Many times, the elderly are left to their own fate when the costs of feeding and maintaining the family become unbearable for the youth. Mental health issues like anxiety, depression and dementia never get any attention in households, since the youth are busy solving pressing issues of their day-to-day survival.

In this cacophony of troubles, the senior citizens start internalising their own health and wellness needs, soon finding themselves to be isolated or overlooked by the rest of the family. With the increase in life expectancy, the elderly have to bear a meaningless and lonely existence for close to two decades. This is not the kind of life we wish for our elders!

Dignity Foundation creates safe spaces for senior citizens where they re-discover their voice and their needs. By keeping them productive and engaged through various age-appropriate activities, the elders find a new meaning to their 'golden years'.

Dignity Foundation also operates a 24X7 toll-free elder helpline service where senior citizens can find respite to their troubles, get answers to their questions and seek trusted advice.

Senior citizens living in urban slums receive dependable monthly dry ration kits to ensure that they get two full and nutritious meals each day. To care for the physical and mental needs of the elderly, we also run various health-focused programmes through which we have witnessed a marked improvement in the wellbeing of the elders.



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MRS. SWETA VAKIL



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MR. ANAND DALAL



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Founder President



JAVED SHEIKH
Chief Executive Officer



LESLIE D'SOUZA
Head – Account & Finance



FAZILAT MALKAPURWALA
Senior Operations Manager



SUHAAS YARRAMSETTI
Manager- Outreach & Events



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MERITA JOSEPH
Deputy Manager –
Chennai



MERLIN REMEDIOS
Manager – Bangalore
Day Care Centre



AKSHAY MORE
Manager- Mumbai
Day Care Centre



DILIP CHAUHAN
Coordinator – Ananda
Yaan & Ration
Programme



RITA DESAI
Coordinator –
Loneliness Mitigation
Centre



**RAVINDRA
SURYAWANSHI**
Manager - Mahalaxmi
Recreation & Wellness
Centre

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TRUSTEE'S MESSAGE

Exactly 29 years ago I founded Dignity Foundation after witnessing the traumatic experience of an old woman who either got lost or left abandoned in the washroom adjacent to the large lobby of Frankfurt airport in 1994. The next 10 hours of living that trauma myself, and imagining how it would be for a Indian lady in a wheelchair, of some 88 years, to be abandoned at a place where people spoke a strange language, looked so very different, rushing and hurrying away, wheeling suitcases by one hand... I saw her blabbering away in maybe Sindhi, not knowing what to do.

The Eureka moment for me had arrived. I decided I would dedicate my life to the wellbeing of the elderly once back in India. The very next day meeting my TISS Director Dr Armaity Desai and a visiting Professor from the US, Dr Mukunda Rao, gave it the solid push I needed: to start publishing a magazine dedicated to the elderly, calling it 'Dignity Dialogue—the Magazine for Productive Ageing'. Mumbai's Times of India first, followed by all-India newspapers gave the commencement of such a niche magazine a wide coverage. Especially at the hands of the then Election Commissioner – the incorruptible r T N Seshan – its launch achieved wide publicity all over India.

From then on, we have been on a roll....

The cause of the elderly is so profound that multi-dimensional research and investigation were required to cover adequately the issues in our magazine. And what better than through the voice of the elderly themselves? Thus, the word 'Dialogue' came to be added to the word Dignity. The Magazine *Dignity Dialogue* first published and released on April 29, 1995 became India's first and only magazine to speak for the cause of the elderly. Eminent luminaries of the country such as Frank Simoes, Dr V S Natarajan, Shakunthala Jagannathan, Deputy Director-General and Regional Director of Tourism, Government of India, Mumbai, were fascinated by the concept of a magazine for senior citizens of India and contributed articles.

During the process of dialoguing with the senior citizens, various dimensions of the problem of



Dr. Sheilu Sreenivasan
Founder President

growing old in the country came to the fore. Loneliness was identified by us, as early as 1995, to be the leading misery of getting old. In the words of the recently passed away Shri Ratan Tata "the feeling of loneliness is to be experienced in order to know what it is". The dire distress of getting old in this country has been the subject of many research studies, poetry and songs. Several problems such as Elder Abuse, Second careers, Companionship, Dementia care, Recreational centres for daily enrichment of senior citizens, a retirement township with a residential facility for senior citizens at Neral (90 kms from Mumbai) are services that sprung up over the 29 years of Dignity Foundation. How a magazine concept evolved into a service organisation is really the story of Dignity Foundation.

Corporates will be tempted to take a look at what is the ROI (return on investment) of this Not-for-Profit organisation. Rather than this typical corporate yardstick I urge readers to study and analyse the voice of senior citizens and the problems they face in India. Dignity Foundation caters to the needs expressed by these voices. Every month *Dignity Dialogue* magazine has carried such voices faithfully over the past 29 years. And come forward with solutions we can find so Dignity Foundation can come up with creative services, adding to the panoply of need-based solutions we have created.

Our Annual Report submits other voices of important leaders of this movement we call Dignity.

26,860

Mid-day meals served to Poor senior citizens

20,000+

Total no. of elders enrolled in Chai Masti Centres

7500+

Total no. of poor elders receiving doorstep Physiotherapy services

3000

Ration Kits distributed to Poor senior citizens

2500+

Helpline calls received

230

Poor elders enrolled in Day Care Centres

500+

Total no. of poor elders linked to Govt. Schemes

400+

Poor elders enrolled in Loneliness Mitigation Centres

100

Total no. of elders living with Dementia enrolled in Dementia Day Care Centres



DIGNITY FREEDOM FIESTA

India's largest residential event of, for and by senior citizens!

In 2023, Dignity Foundation hosted its second annual symposium – Dignity Freedom Fiesta – in Chennai. This coincided with Chennai Chapter's 25th anniversary. Hence, it was a double-whammy celebration.

The event was held in the scenic beach-side Joe's Beach Resort near Mahabalipuram. The team of Chennai chapter capably hosted close to 250 participants from 6 cities, providing them with comfortable accommodation, a platform to showcase their talents & network with peers as well as enjoy the beauty of the beach along with nearby attractions like the Mahabalipuram Temple.

The event was held between August 13 to 16, 2023 with two-days of power-packed performances and chapter presentations made on August 14 and 15. On August 15, the Indian flag was hoisted in the morning by Dr. Sheilu Sreenivasan, our Founder President.

A lucky draw was held to build excitement during the event. Winners were declared and exciting prizes like miser grinder and mobile phone were distributed.

Overall, the event was a grand success.







DIGNITY CARE

Dignity Foundation has a history of emphasizing on the importance of health and wellbeing of senior citizens in India. Starting with health awareness promotion through Dignity Dialogue magazine since its inception in 1995, Dignity Foundation has always strived to integrate the health and wellness component into all of its programmes. However, with the rising need of geriatric health care services at affordable prices, Dignity Foundation started unique programmes which addressed this gap in the existing health care delivery. These health and wellness-based programmes have been clubbed under the umbrella term of 'Dignity Care'.

Geriatric Day Care Centres

Geriatric Day Care Centres have been initiated by Dignity Foundation since 2016, however this still remains a novel concept in terms of implementation. Our centres in Mumbai, Bangalore and Chennai have become watering holes for the neglected, lonely, anxious, depressed and abandoned senior citizens living in the surrounding urban slum areas. Operating full-time from Monday

to Friday, 10 am to 5 pm, these centres provide not just social stimulation to its members, but also access to skill and knowledge building sessions, nutritious mid-day meals and nutritious drinks, regular health check-up and physical exercises and need-based additional nutritional & medical support. Centre managers also visit members' homes to ensure their safety and wellbeing.



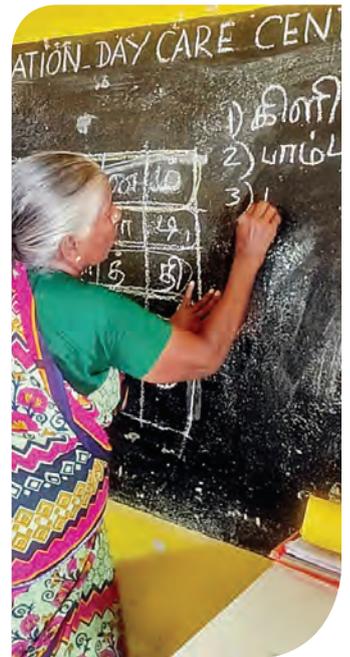
Vijayanagar, Bengaluru

- 10,120 mid-day meals were served to 40 needy senior citizens who regularly came to our centre.
- World Elders Day was celebrated in October in association with Lions Club. Games and cultural programmes were held and prizes were distributed to the winners. A diabetic screening camp was also organised and eligible members were given free medicines.
- Shankara Eye Hospital conducted an Eye Camp in November. 50 seniors were assessed by an optometrist and an ophthalmologist. 4 members underwent a cataract surgery and post-operative medications and eyewear were provided to them.
- On November 22, a workshop on mental wellbeing was held in association with NIMHANS. A group of psychologists led the training on emotional wellbeing.
- The female members celebrated Women's Day at Amazon's office, where they learned about the IT industry, engaged with younger employees, shared a craft activity, enjoyed entertainment and games, and had a meaningful exchange of experiences, making it a memorable and enriching day.
- A team from BBMP Hospital in Vijayanagar conducted a tuberculosis awareness program at the institution, educating members and their families on symptoms, transmission, prevention, and treatment options.
- In collaboration with JP Morgan volunteers, a fun-filled day was organized for the elderly at the center, featuring games, craft activities, and a shared experience of making wall hangings. The event fostered teamwork and allowed members to share personal experiences with the volunteers, followed by a meal together.
- Various festivals were celebrated at the centre throughout the year. Members learned about the historical facts which influenced the traditions and rituals practiced during such festivals.



Mullima Nagar, Chennai

- A medical camp was conducted for the enrolled members. 15 members and 2 community seniors received CD (combined defect) and RPD (removable partial denture therapy) therapy, improving their facial appearance and self-esteem. A total of 40 members and 12 non-members participated in various activities, with 17 registering for the Chief Minister's comprehensive health insurance scheme. Additionally, 59 beneficiaries received eye health screenings and consultations, 43 individuals underwent general health check-ups, and 128 people benefited from an eye camp, resulting in 4 cataract surgeries and 58 power glasses being provided.
- We distributed 240 ration kits and served 900 mid-day meals to ensure food security for needy seniors.
- Social entitlements for 40 seniors were processed, including 13 linked to Old Age Pension scheme, 6 to obtain Aadhar Cards, 4 to open bank accounts, and 17 to government schemes.
- Through two self-help groups for seniors, we promoted financial independence and community support for the past two years. Each group made revenue of Rs. 40,500 and Rs. 42,900 respectively through various livelihood generating activities.
- We conducted two eye camps, reaching 187 people, distributing 58 power glasses, and providing integrated health services, including cataract surgeries and specialized consultations.
- Our programmes helped to increase visibility and advocacy for seniors' issues, empowering members to stand against discrimination and demonstrating the positive impact of day care centers on seniors' lives.
- Ten Mullima Nagar members visited IIT Madras, engaging in activities organized by the Sasthra student club, which provided joy and a break from



daily worries while encouraging intergenerational interaction.

- At Sri Ramachandran Medical College, seniors and younger participants from the geriatric and psychiatric departments, along with NSS volunteers, teamed up for traditional sports. Prizes were distributed to the winners.
- 83 Mullima Nagar members showcased their talents in dance, singing and poetry. Sarees, dhothis, and special gifts were distributed. A memorable solo dance performance by a member to an old song highlighted the event, recalling childhood memories and inspiring others.
- MSC Mathematics students of Stella Maris College visited Mullima Nagar, conducting games, craft sessions, and a roleplay on government schemes. The interactive session, including group songs themed “6 to 60,” helped seniors feel relaxed and bridged generational gaps, challenging stereotypes about the elderly.



CASE STUDY 1

Manimegalai (65 years) is a member of our centre. Despite facing hardships after being abandoned by her husband, she raised five daughters and continued to work as a maid. Recently, she developed painful cysts in her legs. Initially misdiagnosed, her treatment was supported by the day care centre, arranging a biopsy and treatment at no cost. The diagnosis revealed an allergic reaction, and with proper medication, she is now recovering and back to her daily routine.

CASE STUDY 2

Kowshiya (60 years) was struggling with illiteracy and bureaucratic challenges, she lacked essential Government IDs, making her ineligible for government benefits. The day care center’s community mobilizer provided step-by-step assistance, helping her secure an Aadhar card and Old Age Pension. This intervention transformed her life, granting her financial security and empowering her to navigate future challenges independently.

CASE STUDY 3

Shankar Pillai (83 years) is an active participant at the day care centre. He had a property dispute with his son. Empowered by the centre’s rights-based awareness sessions, he sought help from the local police, who mediated a resolution. His son agreed to provide Rs. 5000 per month for his care, showcasing the transformative impact of the centre in helping seniors assert their rights and secure their well-being.



Jogeshwari, Mumbai

- The Jogeshwari Day Care Center for Senior Citizens, established by Dignity Foundation in 2016, provides a wide range of activities and services aimed at enhancing the well-being and quality of life for its members.
- The center distributes monthly ration kits to 25 members, ensuring a total of 300 kits are provided annually to support destitute senior citizens in the community.
- It also offers daily Mid-Day Meal Services, serving meals that include roti, sabji (vegetable), daal, and rice, with special variations like puris and masala rice once a week. This service results in 15,840 plates served each year.
- The center assists its members in linking to various government schemes. This includes

helping with pension applications, obtaining income and residential certificates, updating Aadhar and Pan cards, and securing Aayushman Bharat and ration cards for those in need.

- Essential medications are provided regularly through General Medical Camp and Medicine Distribution services. The center supplies 240 members with medicines annually, addressing chronic conditions such as diabetes, blood pressure, and thyroid disorders, under the supervision of Dr. Rajesh Chauhan.
- Daily yoga sessions are held to promote fitness and well-being among senior citizens. These sessions accommodate 25 to 55 participants each day, with separate classes for male and female members.

- The center also offers Zumba classes twice a week, specifically for female members. These dance-style sessions engage 50 participants, promoting physical health and social interaction.
- Regular physiotherapy sessions are conducted to address issues like knee, shoulder, lower back, neck, and hand-leg pain. With 40 to 45 members participating, these sessions have proven effective in enhancing mobility and relieving discomfort.
- A literacy program is in place to improve the reading and writing skills of senior citizens. Members start their mornings by reading the newspaper and are taught to write their names and signatures in Marathi, Hindi, and English.
- Arts and Crafts sessions are also part of the center's offerings, where members engage in creative activities like making posters and Diwali lamps, and learning traditional Warli painting. These sessions foster cultural appreciation and community bonding.
- The center hosts Skill Development sessions focusing on weaving practices using wool. Participants have successfully created items such as handkerchiefs and Modak models for festivals, helping them develop new skills.

CASE STUDY 1

When Vijay Sakpal first walked through the doors of Jogeshwari Day Care Center, his spirit was weighed down by the burden of his physical limitations. A stroke had left him with severe paralysis in his right hand, stripping away his ability to perform even the most basic tasks. For an independent man, the loss was not just physical; it was deeply emotional, affecting his confidence and sense of self-worth. Simple actions like eating, dressing, and writing had become daunting challenges, and the prospect of regaining any semblance of his former life seemed distant.

At our centre, his hope was rekindled. Mr. Sakpal was introduced to the centre's physiotherapy programme, which was designed specifically to address the unique needs of senior citizens like him. Under the compassionate guidance of the centre's trained physiotherapist, Mr. Sakpal embarked on a year-long path of rehabilitation.

As months passed, Mr. Sakpal's right hand, once stiff and unyielding, gradually regained strength and flexibility. Tasks that had once required assistance were now within his reach. He could hold a spoon, button his shirt, and even pen down a few words—actions that once seemed like distant dreams.

The early days were filled with small victories. Movements that once seemed impossible slowly began to return. The therapists celebrated every inch of improvement, motivating Mr. Sakpal to push through his initial frustrations and pain.

By the end of the year, Mr. Sakpal's transformation was nothing short of remarkable. The man who had once struggled to perform the simplest of tasks could now eat, dress, and write on his own. But more than the physical recovery, it was the restoration of his dignity and self-confidence that marked the true success of his journey.



Geriatric Mobile Physiotherapy Van

- Over a span of 17 months, the physiotherapy team delivered 3,355 sessions to elderly individuals across Thane and Mulund.
- Despite a 1.5-month service pause for maintenance and adverse seasonal conditions, the team ensured uninterrupted care.
- The team demonstrated their commitment by providing door-to-door services in the community.
- A total of 3,355 sessions were conducted, with 1,847 sessions (55%) for male beneficiaries and 1,508 sessions (45%) for female beneficiaries.
- On average, the team conducted 197 sessions per month, or 6.5 sessions per day.
- The beneficiaries were categorized by age, with 1,211 sessions (36%) for individuals aged 60-69 years, 1,033 sessions (31%) for those aged 70-79 years, 711 sessions (21%) for individuals aged 80-89 years, and 400 sessions (12%) for those 90 years and above.
- The services were distributed geographically, with 1,831 sessions (55%) conducted in Thane and 1,524 sessions (45%) in Mulund.
- The service areas in Thane included Vartak Nagar, Charai, Rabodi, Kolshet, Balkum, Kapurbawdi, Majiwada, and Ghodbunder Road.
- The service areas in Mulund included Mulund West, Mulund East, Navghar Road, JN Road, MG Road, Vasant Oasis, and Piramal Realty.
- Community outreach efforts were prioritized to ensure that elderly individuals from various localities had access to the physiotherapy services.
- Despite challenges, the team maintained high service standards throughout the period.

- A scheduled maintenance period from June 15 to July 31, 2024, affected service continuity but was carefully managed to minimize disruption.
- Adverse weather conditions, including flooding during the rainy season and extreme heat during the summer, impacted service accessibility and required safety measures.
- Health issues within the team, including illness and burnout, were managed through flexible scheduling and timely interventions.
- Logistical challenges, such as limited parking and interference during camp setups, were overcome with adaptability.
- The team successfully completed all sessions, ensuring patients received timely and effective care despite obstacles.
- A proactive approach was taken to reach underserved areas and maintain service continuity.
- Based on patient feedback, 85% of patients reported significant improvement in mobility, while 80% experienced reduced pain levels.
- A total of 90% of patients reported enhanced overall well-being and satisfaction with the services.
- The team plans to expand services to new communities and regions, ensuring a broader demographic receives care.
- Weather-related contingency plans will be strengthened to mitigate the impact of adverse conditions.
- Collaborations with local hospitals and clinics will be pursued to facilitate patient referrals and ongoing care.
- Team training and development will be enhanced to prepare for a wider variety of patient needs.
- The average response time from initial patient contact to session commencement was two days.
- A high patient satisfaction rate of 95% was achieved, reflecting strong trust in the services.
- The team dedicated 120 hours to professional development, focusing on advanced physiotherapy techniques.
- Challenges in the field were overcome through dynamic scheduling, enhanced team support, and improvised infrastructure solutions.
- The team's resilience and adaptability were key to maintaining high service standards under difficult conditions.





Shelter Home Programme - Chennai

- An ENT and General Health Check-up was organized at Anbalaya in collaboration with Shree Balaji Medical College and Hospital, providing medical care to 32 residents, identifying key health issues, and offering early diagnosis and treatment.
- A free eye screening camp was held at ICWO with the support of Rajan Eye Hospital, treating 22 residents and promoting better eye health through personalized care and early detection.
- Nutritional Assessment was conducted in August 2023 by Dignity Foundation and Hamsa Rehabilitation, assessing 91 residents and addressing key health concerns, resulting in tailored diet plans that improved overall health and well-being.
- A Fall Prevention Session took place at Anbalaya Shelter on October 24, led by therapists Ms. Sandhya and Ms. Lubna Saeed, teaching 34 residents balance techniques and boosting their confidence in managing mobility.
- A Kidney Screening Camp was held at ICWO Shelter on October 18, 2023, organized by Dignity Foundation and TANKER Foundation, treating 23 residents and providing preventive care and personalized consultations for long-term kidney health.
- A TB and Diabetes Awareness Camp was conducted at Pioneer Trad, enhancing understanding of these conditions for 25 residents, empowering them to manage their health effectively.
- A Pain Management Camp was held in February and March 2024, focusing on reducing musculoskeletal pain for residents across three shelters, with personalized counseling that improved overall well-being.
- Dental Screening Camps organized by Dignity

Foundation and Aathi Para Sakthi Dental College treated 63 residents, addressing critical dental issues and enhancing oral hygiene practices.

- Pondicherry University students conducted a mental health awareness session, promoting well-being through interactive activities and empowering residents with strategies to maintain a healthy mental state.
- Laughter yoga therapy, National Birds' Day, Pongal, International Body and Face Art Day, and Global Movie Screening Day provided

opportunities for creativity, laughter, and social engagement.

- International Women's Day was celebrated at Ratan Bazaar's 'Guava' senior forum with a flower-tying competition and blindfolded makeup game, fostering solidarity and mental stimulation among elderly women.
- Holi celebrations at the December forum on Pidariyar Street brought joy through colorful balloon games and social interaction among the homeless elders.





PROGRAMMES



Dementia Day Care Centres (DDCs)

Dementia Day Care Centres (DDCs) are unique offerings of Dignity Foundation in response to the urgent need for care services for those senior citizens who are diagnosed with Alzheimer's disease and related Dementia. Our centres located in Chennai, Mumbai, New Delhi, Pune and Kolkata boast of an excellent caregiving team and superior services specially curated for the cognitive engagement of our members. Some of these services include orientation therapy, physical exercises, social activities, cognitive rehabilitation, memory games, reminiscence therapy and sensory stimulation activities like pet or doll therapy, gardening, music and dance therapy.

People living with Dementia often require 24x7 support. Caregivers (relatives of the patients) may not be equipped to deal with the stress associated with their new role, leading to frustration and burnout. This can negatively impact the person living with dementia. In order to provide a positive environment to patients, we operate Dementia Day Care Centre which not only provide support and care to Dementia patients but also give relief to the family caregivers.

TESTIMONIAL

Our lives were profoundly impacted by COVID-19, particularly as my husband's dementia rapidly worsened due to months of isolation. Once the pandemic eased, our next challenge was finding doctors and resources to diagnose his condition and provide appropriate care. It was difficult to find a physician, and the medications were a matter of trial and error until we found what worked best.

My husband was diagnosed with Alzheimer's disease and was referred to enroll him to Dignity Foundation's Dementia Day Care facility. Dignity Foundation has truly lived up to its name.

My husband eagerly looks forward to his visits to the centre, even if he can't recall the details. The joy on his face when he sees the pick-up van is priceless! The festivals and celebrations bring

out a lively spark in him that I thought was lost. My children cherish the photographs of these occasions, seeing the childlike joy return to their father.

Running a facility that helps those who cannot remember the time spent or the faces who care for them takes incredible strength and dedication.

My deepest thanks go to the entire team. Your commitment has changed our lives in the most positive ways, giving my children and me immense gratitude for your selflessness. I cannot thank you enough for the smiles you bring to my husband's face.

- Jalaja Prasad

Chennai

- The Dementia Day Care Centre in Chennai provides a comprehensive range of services and activities to enhance the quality of life for individuals with dementia and their families.
- Safe transportation and nutritious meals are provided, allowing members to focus on engaging in enriching activities.
- Cognitive and social stimulation programs, including memory-boosting games, arts and crafts, meditation, and yoga, help maintain and improve cognitive abilities while fostering a sense of accomplishment and relaxation.
- Regular physiotherapy sessions are delivered for maintaining mobility, physical fitness, and effective pain management.
- Health awareness events, including World Health Day and International Yoga Day were held to emphasise the importance of physical and mental health through educational sessions and practical exercises.
- The centre collaborates with colleges and organizations to spread awareness about dementia and engage the broader community, involving students and faculty in events and public campaigns.
- The impact of the centre is evident in the improved well-being of members, with enhanced cognitive functions, better mobility, and increased social interaction reducing feelings of isolation.
- Special events and daily activities at the centre significantly enhance emotional well-being, providing members with joy, purpose, and a sense of fulfilment.



Mumbai

- A loved one with dementia will need increasing support at home as the condition worsens. The number of older adults, including those living with dementia is rising, creating a growing need for care.
- Our Dementia Day Care Centre offers relief and a stress-free environment for families caring for loved ones with dementia. Located in Mahim West, our centre is easily accessible from the Mumbai's Western, Central, and Harbour railway lines.
- People with dementia need 24x7 support and their family caregivers often face stress and frustration, which can negatively affect the patient. Our facility provides a healthy change to both the patient and their family members.
- Our goal is to create a positive environment for dementia patients, offering cognitive and social stimulation activities.
- Our centre conducts engaging activities to keep members active and connected, improving their quality of life. Music and arts & crafts activities boost creativity and cognitive function of the members.
- We have on-call specialists, including a physiotherapist, art-based therapist, and visiting doctors, ensuring the wellness of our members.
- Memory-boosting games such as puzzles, wooden blocks, alphabet sorting, and newspaper reading stimulate cognitive function.
- Physical activities like ball games enhance gross motor skills, fine motor coordination, and hand-eye coordination.
- Our centre currently has an average of 16 senior citizens, all benefiting from engaging in various activities like playing musical instruments and memory games.
- We have observed significant improvement in our members through regular participation in these activities.
- On World Alzheimer's Day, celebrated on 21st September 2023, our centre received an Eeco Van donation from IDBI Capital for patient pick-up and drop-off.



New Delhi

- From April 2023 till March 2024, we impacted the lives of 12 senior citizens with dementia in our Dementia Day Care Centre.
- The Annual Day celebration of Dignity Foundation’s Dementia Day Care Centre in Greater Kailash 2 took place on June 27, bringing together staff, resource persons, members, vendors, and CMC Coordinators to honour the support given to individuals living with dementia. The event included a heartfelt appreciation ceremony, acknowledging the dedication and compassion of the Dementia Day Care Centre staff and volunteers.
- Dignity Foundation’s Dementia Day Care Centre collaborated with Chai Masti Centres in Gurugram and Delhi to celebrate World Alzheimer’s Day with the theme: “Never too early, never too late.” Walkathons led by staff, volunteers, and CMC members were organized in Safdarjung Enclave, Green Park Market (Delhi), and National Media Center (Gurugram) to raise awareness.
- CMC members from Safdarjung Enclave performed a Nukkad Natak at Green Park Market, followed by a drum jamming session by the Delhi Drum Circle to raise awareness on Dementia.
- Similarly, volunteers and CMC members from National Media Centre walked the entire NMC campus, distributing pamphlets and raising awareness about Dementia and Alzheimer’s Disease through slogans and banners.
- First aid training plays a crucial role in ensuring the safety and well-being of both individuals with dementia and the staff caring for them. Ms. Prema Nair conducted specialized first aid training tailored for dementia care at the Dementia Day Care Centre, providing staff with essential skills to handle emergencies. The training focused on practical guidance for responding to accidents and health-related issues that may arise, with a sensitivity to the specific needs of individuals with dementia.



CASE STUDY

Mrs. Santosh Anand, diagnosed with dementia, withdrew from social interactions, spending most of her time in isolation. Once active and social, she stopped participating in her favorite activities. Her family enrolled her in Dignity Foundation’s Dementia Day Care Center, where the team developed a personalized activity plan based on her needs. Within 20 days, she began showing signs of improvement, re-engaging with family members and the center’s staff. Now, she actively participates in daily activities, interacts with others, and even shares her knowledge of traditional Kashmiri cooking. Her transformation is a testament to the center’s compassionate care and commitment to improving the lives of individuals with dementia.



Pune

- The centre celebrated Eid with a traditional dress code, games like musical chairs, and delicious snacks such as biryani and Sheer Khorma. The members gave Eidi (chocolates) to the staff, making it a memorable day for families and caregivers alike.
- Activities focused on improving motor and cognitive skills through games like ball exercises, word searches, and jigsaw puzzles. These exercises targeted memory, attention, and physical mobility.
- Members created a variety of crafts, including fridge magnets, tissue paper paintings, and napkin holders. Many proudly displayed their work at home.
- The physiotherapist led exercises for upper body mobility, marching, theraband stretches, and gym ball routines, showing positive responses in members.
- Games like carom and ludo, informal singing and dancing, and daily affirmations served as stress relief for both members and caregivers.
- Dance Movement Therapy sessions included

fun warm-up exercises, dancing to beats, body coordination with music, and cooling down with positive affirmations.

- Members and staff enjoyed a healthy and tailored lunch at a nearby restaurant, giving members the chance to socialise and have fun outside the centre.
- (name), a singer, an inspiration to the autism and music communities, performed old Bollywood songs, concluding with a modern song for the dementia members.
- A mini walkathon was held from St. Mira's College to Maulana Azad Hall, with participants raising Alzheimer's awareness through placards, pamphlets, and slogans. Stalls showcased snacks, healthcare products, second-hand books, and crafts by Dementia Day Care members, with an information booth on dementia. Dementia Day Care members performed a welcome dance, followed by a nukkad natak by "Rang Manch" on Alzheimer's awareness. Sessions on Yoga, Physiotherapy, Occupational Therapy, and Meditation were held to educate on Alzheimer's prevention.

Kolkata

- The Dementia Day Care Centre was officially inaugurated on September 21, 2023, at Rotary Sadan. Trustee Gopal Srineevasan, actor Barun Chanda, and Arpita Bhattacharya attended, sharing their personal experiences with dementia patients. Guest speaker Dr. Kaushik Dutta provided valuable insights on dementia prevention and detection. Another guest, Dr. Surya Udai Singh, shared information on robotic knee replacement surgery, and Dr. Dhires Chawdhury captivated the audience with his poetry. A skit, "Purono Juto," directed by Gautam Bhaduri, added charm to the event.
- In celebration of the 75th Republic Day, the Rotary Club of Jadavpur, Kolkata generously gifted two wheelchairs to the Dementia Day Care Centre. We extend our heartfelt gratitude to them for their support.
- In November 2023, the centre joyously celebrated Diwali with colourful diyas and an array of mouth-watering sweets. The festive decorations and the big smiles on the faces of the members made the occasion truly special.
- December 2023 brought the festive spirit of Christmas to the Dementia Centre, where volunteers and members decorated the space with stars, balloons, and reindeer. Everyone donned red outfits and Santa caps, and the festive mood was further brightened by a member playing the mouth organ and others dancing to the music, creating memorable moments for all those present.
- The New Year 2024 was welcomed with enthusiasm. Members and volunteers celebrated with dance and humorous activities. We also marked the birthday of one of our lady members, who expressed her joy and gratitude.
- In February 2024, members enjoyed preparing "Masalamuri," delighting in mixing ingredients and savouring their creations with a sense of humour and camaraderie.
- March 2024 included celebrations for International Women's Day and the festival of colours, Holi, with members, their families, and volunteers coming together for a joyful and memorable celebration.





PROGRAMMES



Loneliness Mitigation Centres

The centres run for a period of 2 hours for 5 days a week. The centre is not just an ordinary place for them but it's a nurturing and valuable experience-sharing platform for all. Sessions like Yoga and Zumba and discussions on nutrition promote their overall health, productivity and quality of life. Music, games, competitions and skill-building workshops keep them creatively active. Bhajan and Spiritual talks keep members' spirituality levels high and their souls motivated.

Meghwadi, Jogeshwari

- Members learned how to bake ginger cookies, which was a fun and engaging cooking session.
- On May 29, resource person Mrunal conducted a craft session, teaching the members how to make pearl necklaces and earrings.
- Team of Wella Professionals visited the centre and gave haircuts to the members, enhancing their grooming experience.
- The centre celebrated International Yoga Day, with everyone dressed in white for a day of mindfulness and health-focused activities.
- Americares India conducted a blood test camp for the members, ensuring their health was monitored.
- Niramaya Foundation held a cancer and health check-up camp, offering essential health services to the members.
- For Diwali, rangoli decoration and other interesting festivities were held.
- On November 23, the Niramaya Health Foundation held a BMI check-up camp for the members, helping them keep track of their health.
- A fancy-dress competition was held, with Vaishali Gaikwad winning first place for her creative outfit.
- On January 6, Supriya from Victory Art Foundation performed a dance show for the members, adding an artistic touch to the day.
- Members visited Borivali to see a diamond exhibition at Entice, an enriching and educational experience.



Ananda Yaan



Byculla, Worli and Mazgaon

- Ananda Yaan centres have experienced steady growth in membership, fostering a deep sense of community among seniors who consider the centers their second home.
- Cataract operations were conducted for members in need, significantly improving their vision and independence.
- Monthly doctor check-ups were provided to help members manage chronic conditions and maintain their health.
- The centres disbursed essential medications to ensure seniors have access to necessary treatments, particularly those facing financial barriers.
- Daily yoga and fitness classes promote mobility, strength, and mental well-being among the members.
- Health camps were organized to offer screenings for common health issues like diabetes and hypertension.
- Meditation sessions and counselling were available to support members' mental health, reducing stress and anxiety.
- Cultural celebrations for festivals like Diwali, Eid and Holi provide joy and a sense of belonging to the members.
- Skill-building workshops, such as arts and crafts with a focus on crochet, keep members creatively engaged and provide a sense of accomplishment.
- Informative sessions on healthcare, legal rights, and financial planning empower seniors to make informed decisions about their lives.
- Cataract operations and regular check-ups have restored vision and mobility, improving members' quality of life and independence.
- Mental health programs and strong social networks within the centres significantly reduced loneliness and isolation among members.
- Monthly doctor visits and medicine provision have increased members' access to regular and reliable healthcare.
- The centres plan to expand healthcare services, including more health camps, to address the evolving needs of senior citizens.
- Educational and recreational programmes will be further explored to keep members engaged and empowered in the future.
- The partnership with the Rotary Club of Mumbai has been vital in providing high-quality care and enriching the lives of senior citizens.

Pune

- In April 2023, a survey was conducted in Antulay Nagar, Sidharth Nagar, and Bhim Nagar to understand the living conditions of senior citizens, identifying those in need of ration support.
- In Antulay Nagar, ration support was provided to 46 senior citizens with no source of income. Similarly, in Bhim Nagar, 31 senior citizens were identified for ration support and in Sidharth Nagar, 28 senior citizens were selected for ration support.
- Staff visited the leprosy colony in Kondhwa to assess the residents' living conditions and fulfil their promise of providing ration kits for three months.
- Sidharth Nagar and Bhim Nagar LMCs continued with regular programmes despite the loss of an active member.
- In Sidharth Nagar LMC, activities such as bhajan, yoga, and fun games were conducted to provide entertainment and education to senior citizens.
- In Bhim Nagar LMC, efforts were made to address drug and alcohol abuse issues in the vicinity, with resource persons invited to discuss these problems.
- Dr. Anupama Sen from Apollo Clinic addressed health concerns among seniors in Sidharth Nagar LMC, including menopause, bone health and diet.
- Nagpanchami was celebrated in Sidharth Nagar with laddu, folk songs and games.
- Independence Day was observed in Bhim Nagar LMC with cognitive skill games, attended by our Chai Masti Centre member Ms. Vasanti Rane.
- In Sidharth Nagar LMC, Ganesh Utsav was celebrated with bhajan, warm-up exercises, and sweet distribution, and fun number games were conducted by CMC member Ms. Soonu Marker.
- Teachers Day in Bhim Nagar LMC involved sharing



personal stories about influential teachers and distributing sweets, while gratitude day included sharing positive memories and fun activities.

- Clothes and household items were distributed in Sidharth Nagar and Bhim Nagar as part of Diwali celebrations.
- In November, a new Loneliness Mitigation Centre was inaugurated in Antulay Nagar, providing productive ageing sessions and activities like yoga, Zumba, and entertainment for members.
- Sessions continued to focus on meditation, yoga, and basic English learning across the LMCs, leading to increased member participation and satisfaction.
- Yoga sessions were conducted in Sidharth Nagar and Bhim Nagar LMCs to promote physical fitness, including poses, concentration, and deep breathing.
- Bhajan singing and fun games were held, including traditional Maharashtrian games and activities for World Cancer Day and National Voters Day.
- Birthday celebrations and educational sessions on pulses and their benefits were organized, enhancing member engagement and awareness.



Dignity Helpline

Elder abuse is a critical issue characterized by mistreatment of the senior citizen(s) by known or unknown persons. Unfortunately, in India, elder abuse commonly originates within families and leads to both physical and emotional harm of the victims. Ageing individuals are often considered as being burdens to the family, sparking disputes over inheritance and caregiving responsibilities. Such conflicts can give rise to both physical and emotional abuse. Unfortunately, within Indian culture, unconditional parental love sometimes encourages manipulative conduct, as children realise that they can mistreat their parents without consequences. Hence, senior citizens continue to suffer in silence. To address and prevent elder abuse, it is imperative to foster collaborative efforts among various stakeholders, including law enforcement, NGOs and community members, in raising awareness and taking preventive measures. As a first line of response offering immediate guidance, Dignity Foundation operates a 24*7 toll-free Helpline number for any senior citizen in India who finds herself/himself in a distress situation. Our elder abuse helpline number is 1800 267 8780.

We received a donation through the payroll giving programme of Kotak Mahindra Bank to support our helpline service across India. We are grateful for their generous contributions to run this essential service for the welfare of senior citizens in distress.



FEATURED CASE STORY

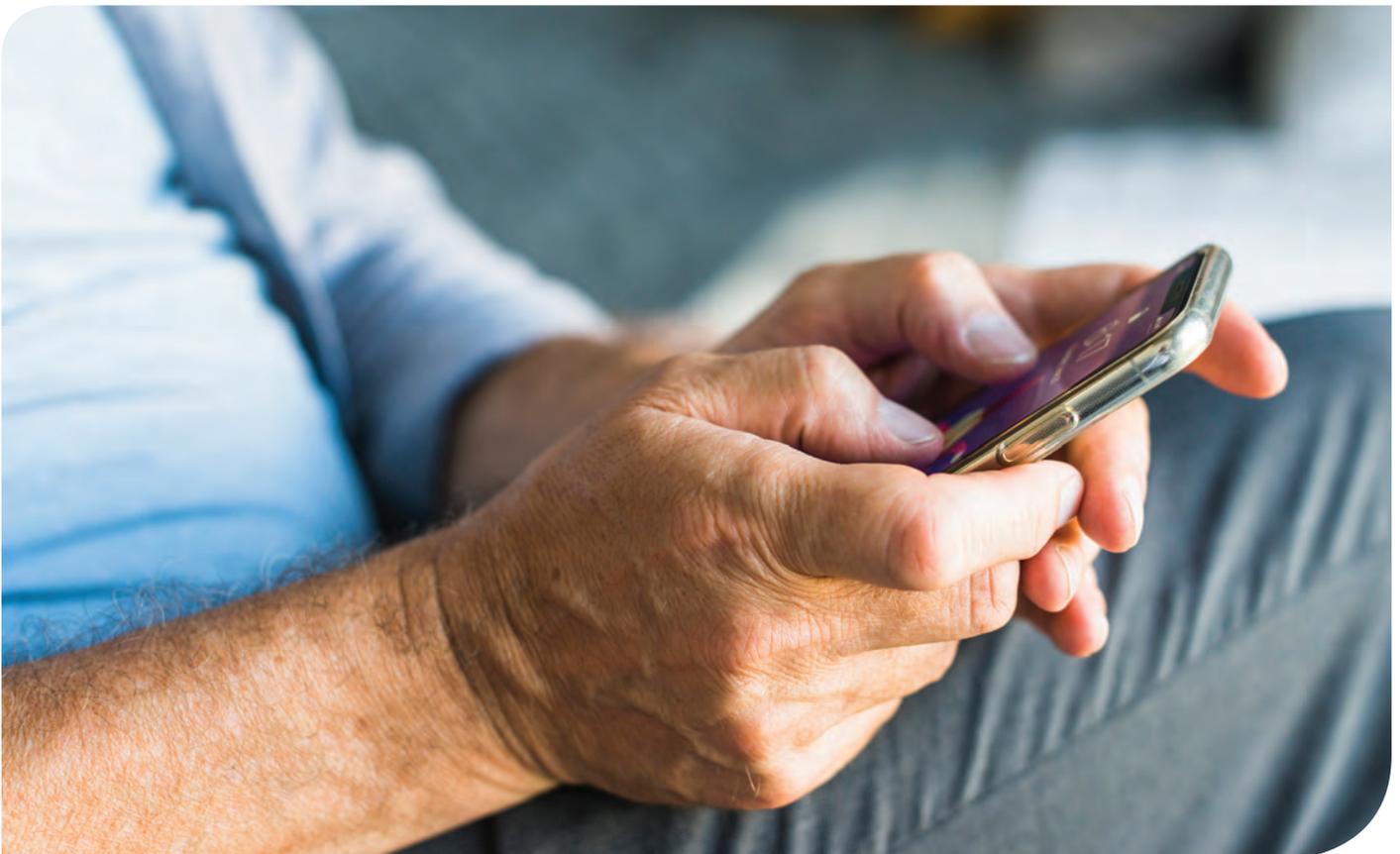
Mr. Syed Iqramul Islam, a resident of Jafrabad, Seelampur, New Delhi, reached out to our helpline, seeking urgent assistance for a commode chair due to his mobility challenges. Understanding his situation, our helpline team promptly began a verification process to confirm his identity, medical condition, and specific needs for the chair. With his requirements clear, the team researched the best options that would offer both comfort and affordability.

Recognizing Mr. Islam's financial difficulties, our team decided to raise funds through donations from Chai Masti Centre members. In a heart-warming act of kindness, Ms. Asha Rani Dua, a member from Safdarjung Enclave CMC, generously donated the full amount needed. This collective effort led to the quick purchase of

a suitable commode chair, which was delivered to Mr. Islam's home along with instructions for safe use.

A few months later, Mr. Islam called again, not with a request, but with heartfelt gratitude. He expressed his deep thanks to the Dignity Foundation team for understanding his needs and providing essential support during a difficult time.

This success story highlights the power of compassion and collective goodwill, exemplifying our helpline's commitment to helping senior citizens in distress. Through teamwork and community generosity, we continue to make a meaningful impact in the lives of those seeking our help.





Anand Daan

In urban areas, 20% of households headed by senior citizens are poor. Senior citizens are at a disadvantage as they are usually unemployed due to their age or they are struggling with health complications, rendering them unable to take up jobs to create dependable income. Many senior citizens living in urban slums are abandoned by their family, living alone or bed-ridden.

Another challenge is Tuberculosis among the elderly. Tuberculosis (TB) cripples the immunity of the person. Even if the senior recovers, they need at least 6 months of continuous nutritious ration support to build their immunity.

Dignity Foundation identifies such senior citizens who are genuinely needy in the slum communities across cities and their rural outskirts and provides monthly ration kits to them. These monthly ration kits provide more than just food—they offer food security and peace of mind to seniors who no longer have to worry about where their next meal will come from. The kits contain essential nutrients that strengthen their immunity and help them fight off illnesses, ensuring they can live with dignity and better health.



Bengaluru

Dignity Foundation’s Bengaluru chapter is deeply grateful for the generous support of our donors and sponsors, whose kindness has made it possible to distribute over 600 monthly ration kits to poor and needy senior citizens. With the steadfast support of organizations like Addvara India, Schneider Electric, Inner Wheel, DSP Advisors Bangalore Ltd., and numerous individual donors, we are able to bring hope and nourishment to the elderly residents of Ghuthalli and Laggare slums. Generous contributions of our donors not just fill stomachs—they uplift lives, one meal at a time.



Kolkata

Every month, Dignity Foundation’s Kolkata Chapter distributes monthly ration to 50 underprivileged senior citizens. Out of these, 40 beneficiaries from the Purbalok Day Care Centre receive continuous support from the Bhagwanti Memorial Foundation, while the remaining 10 beneficiaries from the Behala Centre are also supported by the foundation. We are incredibly grateful to the Bhagwanti Memorial Foundation for their generous and ongoing support, which ensures that these elderly individuals have access to essential food supplies, bringing them comfort and security.



Pune

The Pune Chapter conducted monthly ration donation drives in three slum locations: Antulay Nagar (Leprosy Village), Sidharthnagar and Bhim Nagar. Each month, an average of 105 ration kits were distributed among the pre-identified underprivileged senior citizens in all 3 slums. The elderly were very happy to receive these kits as it ensures essential food support on a monthly basis for themselves and their families. A total of 1260 ration kits were distributed throughout the year. Many donors came forward to support dry ration kits, especially for the senior citizens living in the Leprosy Village on occasions like birthdays, anniversaries, etc.



Delhi

CASE STORY

Sugandha Devi's life has been marked by immense loss and hardship. After the tragic deaths of three of her sons in their late twenties or early thirties, her last surviving son left her, leaving her and her granddaughter to fend for themselves. These overwhelming events led Sugandha Devi to develop mental health issues, while her granddaughter, also living with mild mental challenges, tries to provide for them. Their daily struggle to meet basic needs often leaves them hungry, as the granddaughter's attempts to beg for food or money are hindered by her condition. At times, her efforts are lost to theft or forgetfulness, and the pair survives on the kindness of strangers near a local temple who offer them food.

Dignity Foundation's team, during a community survey, discovered their heart-breaking story. Upon visiting their home and verifying their situation, they quickly enrolled Sugandha Devi and her granddaughter in the Dignity Anand Daan programme. Through this programme, they now receive monthly ration kits, ensuring they no longer have to go hungry. The team personally delivers the ration kits to their home, guaranteeing that the food reaches them directly, providing a sense of security and support in their difficult circumstances. This small but meaningful intervention has made a significant difference in their lives, demonstrating the impact of compassion and community outreach in addressing the needs of the most vulnerable.

Mumbai

CASE STUDY 1

Damayanti Pandurang Raut is a widow. She lives with her sister who is mentally challenged and her daughter who is herself 60 years old and. Her daughter does household work and earns a meagre sum of Rs 5000 per month. Due to her old age and caregiving needs of her sister, Damayanti ji cannot earn a living even by performing menial jobs. The family's sustenance month on month becomes very challenging, given the high costs of living in a city like Mumbai.

Damyanti ji was identified as an eligible beneficiary for our Anand Daan programme

this year during a needs assessment survey conducted in her slum community. She has been receiving our monthly dry ration kit since a year on a consistent basis. This ensures that the family does not need to worry about their daily meals and source of nutrition. Since the cost of food is taken care of, the earnings of the daughter are used for medicines and other household maintenance and expenses.

Damyanti ji is very grateful to God for sending a helping hand in the form of Dignity Foundation to her family's rescue.

CASE STUDY 2

Chandru Bhai, a 72-year-old Adivasi elder from Bhiwandi, has lived through decades of hardship, but none as difficult as his twilight years. A once-dedicated farmer, Chandru Bhai spent most of his life cultivating a small patch of land. With no children to support him and his wife, Sita, who is now in her 60s, their life took a harsh turn when Chandru's health began to fail due to arthritis, making it impossible for him to work. Sita tried to supplement their meager income by collecting firewood and doing odd jobs, but their combined efforts were barely enough to survive. Often, they would skip meals, sharing whatever little they had. With no regular income and minimal support from the government, they were on the brink of destitution. Each day was a struggle with the uncertainty of whether

they would be able to eat that day.

Everything changed when Chandru Bhai and his wife were identified and enrolled into Dignity Foundation's Anand Daan programme, providing food security to underprivileged senior citizens. The monthly ration, consisting of staples like rice, flour, lentils and cooking oil, etc. gave them much-needed relief.

Chandru Bhai shares, "This help came like a blessing. We no longer sleep hungry, and my wife doesn't have to overwork herself anymore. It's not just the food, but even the peace of mind that has made our life less stressful." With the assurance of a steady source of nutritious food, Chandru and his wife can now focus on caring for their health without the daily fear of hunger.

CASE STUDY 3

Lakshmi Tai, a 68-year-old widow from Thane, has lived a life marked by resilience. After losing her husband five years ago, she found herself completely alone, with no family to turn to for support. To survive, Lakshmi Tai began doing menial jobs like cleaning houses and washing clothes, but her age and frailty made it hard to find consistent work. On days when there was no work, she would have no choice but to go hungry.

Lakshmi Tai's health began to deteriorate due to the constant lack of nutrition and the grueling physical labour. She lost significant weight and became weaker with each passing day. Despite the physical toll, she pushed forward.

A neighbour informed her about Dignity Foundation's Anand Daan programme, and with some hesitation, Lakshmi Tai applied for it. Once

she began receiving the monthly ration kits, her life transformed. The relief of having enough food allowed her to regain some strength and health. For the first time in years, she could enjoy regular meals without the fear of going hungry.

"This support has been a gift," Lakshmi Tai says with emotion. "I may live alone, but this help makes me feel like I am not forgotten. Now I have the energy to get through each day without the constant worry of where my next meal will come from." The ration support not only sustains her physically but also brings her a sense of security and dignity in her later years.

These stories of Chandru Bhai and Lakshmi Tai reflect the profound impact of Dignity Foundation's Anand Daan programme, which provides not just food but a dependable source of nutrition to the elderly in need.



Bangalore

UTTARAHALLI NAGAR

- At Uttarahalli center, a one-day picnic to a farmhouse near Channapatna owned by Mr & Mrs Sudheer was held. We conducted a few fun games, knowledge building games and made members present a skit which was thoroughly enjoyed by the members.
- Carrom Board doubles and Chowk Bhaara tournaments were held and winners were

rewarded.

- Uttarahalli centre organised a Talent Show along with outdoor games competitions. Talent show included Rangoli, film hits, devotional songs, fancy dress, miming & recitation. Outdoor competitions included bucket & ball, aiming the ring & book balancing. Members participated with full Zeal.
- International Yoga Day was celebrated with Yoga Trainer Rashmi Dikshith. She taught few senior friendly Asanas and Pranayama.





VIDYARANYAPURA

- The Vidyaranyapura CMC had an average membership of 60 seniors, with predominantly male members having diverse backgrounds.
- Sharing their rich career and personal experiences, talents and expertise is one of the main activities promoted during their gatherings.
- Other regular programmes centre around current affairs, debates, science and technology, spirituality, health, tourism experiences, entertainment, art, talent showcasing, guest talks, singing, fun events, celebration of festivals, occasional outings and birthday celebrations.

VIJAYNAGAR

- Members shared Sir M. Visvesvaraya's biography on World Engineers Day, honoring his contributions to engineering and society. A candle was lit in his memory to begin the program.

- A talk on Lung Health was held for Dr. Basavaraj, a lung specialist, emphasizing proper breathing techniques and the harmful effects of pollutants, providing valuable advice for seniors to maintain lung health.
- The centre celebrated women's achievements with speeches, cultural performances, and a special tribute to the strength and resilience of women in the community.
- Experts provided seniors with insights into the benefits of Cochlear Nucleus hearing aids, including demonstrations and personalized advice on managing hearing loss.
- A one-day trip was held to Chikkaballapura. Members visited Gopinath Betta, Moksha Ranganathaswamy Temple, Muddenahalli, and Nandi Hills, enjoying a fun-filled day with snacks and transportation provided.
- For Kannada Rajyotsava Celebration, the centre was decorated in red and yellow, and candles were lit on a flower map of Karnataka. Chapter

Head Mrs. Brinda Ramesh graced the celebration, making it a memorable event.

SANJAYNAGAR

- Amplifon Hearing Aid Company conducted ear check-ups for our members, ensuring accurate results. This demonstrated their commitment to quality service and the well-being of seniors, providing reassurance and promoting good hearing health.
- Mr. Sunderesan delivered a compelling talk debunking myths about chemicals, emphasizing their importance in daily life. By explaining the context and usage, he shifted perspectives, encouraging a more informed view on chemicals. His session left a positive impact on attendees.
- “East or West - Squat is the Best” by Dr. Vastala highlighted the health benefits of squatting for proper bowel movements. She emphasized how Indian-style toilets can prevent constipation and improve digestive health, encouraging future generations to incorporate them into their homes. Her mention of World Toilet Day added depth to the discussion.
- Under the guidance of Hemprabha Mehta, we embraced the joy of Navratri with Garba and Dandiya. Dressed in festive attire, members learned new dance steps and celebrated with traditional saree draping. The evening was filled with smiles, music, and prasadam, creating a blessed and joyful atmosphere.
- Bharatha Natyam dancer and choreographer Sushma Mohan, who resides in the US, visited us and showcased a captivating dance performance. During the pandemic, she led online dance sessions teaching the Surya Ashtakam, which both men and women enjoyed. Her commitment to promoting Indian arts and culture inspired everyone.
- IOM Bioworks, co-founded by Bipin Pradeep Kumar, discussed the role of gut bacteria in healthy aging. The microbiome, recognized

as an essential organ, influences health from metabolism to respiratory wellness. Their research and clinical trials offer innovative insights into improving gut health for overall well-being.

- Centre member Jalaja Venkatesh and her grandson Samarth performed a heartwarming skit about the bond between a grandmother and her grandson. Their performance, filled with laughter and emotion, was followed by Housie games and snacks, creating a delightful evening for all attendees.
- To celebrate its 8th anniversary, Sanjay Nagar members enjoyed a day at Discovery Village resort near Nandi Hills. Surrounded by serene hills, they participated in games, walks, and shared a delicious buffet. The day was filled with joy, marking a memorable milestone for the community.



JAYANAGAR

- Mrs. Sri Vidya and Mrs. Deepa conducted a delightful Ramayana quiz program. Along with various fun games, the event was both engaging and educational, allowing members to deepen their knowledge of the epic while enjoying a fun-filled experience.
- On May 15, 2023, the Jayanagar Dignitarians took a trip down memory lane by playing indoor and traditional games from their childhood. The joy and nostalgia of reliving their younger days brought immense happiness to all participants.
- Jayanagar centre hosted a grand tribute event in honour of Dr. Rajkumar's birthday. Mr. Navodaya Nagaraj and his team performed soul-stirring renditions of Rasa songs, along with Rajkumar's classic hits, while graceful dancers spread joy, making it a memorable and emotional tribute to the legendary actor.
- On March 11, 2024, students from RV College Institute entertained the Jayanagar centre with an immersive cultural event about Gujarat. Through songs, dances, and food, they provided a comprehensive and enjoyable glimpse into Gujarat's rich heritage, leaving everyone enlightened and entertained.
- Mrs. Vidya and Mrs. Deepa conducted a special Ramayana Quiz for the Jayanagar Dignitarians, offering a fun and interactive way to test their knowledge of the epic.

Launch of New Chai Masti Centre in Amruthnagar, Bangalore

We are thrilled to announce the grand opening of our newest centre for senior citizens' recreation and wellness in Amruthnagar, Bangalore. A launch event was held in April 2024. It was a wonderful celebration, with over 60 seniors joining us, including 25 new members, to mark the occasion.

The event began with a heartfelt rendition of the Dignity Anthem, honouring the senior community and the organization for creating this valuable platform. The lamp lighting ceremony, performed by the chief guests and the senior-most members of the Jayanagar centre, set a warm and auspicious tone. This was followed by beautiful invocation songs by the Amruthnagar team and a welcome note by our Chapter Head.

We were honoured to have Dr. Mahesh from Manipal Hospital as our chief guest. His insightful talk on geriatric care, focusing on managing daily aches and preventing falls, provided valuable knowledge for our seniors. The event concluded on a fun note with a lively Kannada quiz program conducted by the Vidyaranyapuram team, which was a highlight for all attendees.





Chennai

ALL CENTRES

- A fireless cooking contest, held in April, showcased creative and nutritious dishes, while Tamil New Year celebrations highlighted cultural performances.
- Sessions like “Joy of Ageing” and abacus classes empowered members to continue learning and growing.
- October’s Intergenerational Indigenous Sports event connected elders and younger generations through traditional games, promoting mutual respect.
- Informative health sessions on topics such as arthritis and TB awareness provided valuable health knowledge to members.
- Cultural events, including the Onam and Dussehra celebrations, promoted cross-cultural understanding and community pride through performances and rituals.
- The Navaratri Golu celebration featured creative displays representing the foundation's projects and deepened spiritual connections among members.
- Interactions with IIT students during the Christmas celebration fostered intergenerational bonds and shared experiences through performances and storytelling.
- Cultural trips, such as the one to Chokhi Dhani, enriched members’ understanding of diverse traditions and provided memorable experiences.
- A significant gathering in February 2024 marked the CEO’s visit, with cultural performances and recognition of members’ contributions, strengthening community bonds.
- A session on successful aging, hosted by WCC psychology students, emphasized emotional wellbeing and cognitive health through interactive activities.
- Regular physical well-being initiatives, such as Zumba and physiotherapy sessions, promoted fitness and mobility for members.
- Educational and health awareness sessions,

including talks on nutrition and healthy lifestyles, empowered members to take proactive steps toward their health.

- Cultural and spiritual engagement activities, including music, dance, and spiritual discussions, enriched members' lives and fostered joy and fulfilment.
- Social and recreational activities, such as Family Day, birthday celebrations, and special theme days, encouraged social interaction and emotional well-being.
- Personal enrichment activities provided platforms for members to share stories and memories, strengthening mutual support within the community.

The launch of the Coimbatore Chapter in February 2024 was a significant achievement, with 25 new members joining after six months of groundwork. The chapter organized talent quests and intergenerational sports events to build a strong foundation.



TESTIMONIALS

I joined Dignity Foundation seven years ago after attending a talk on indoor gardening. Now, the weekly Chai Masti sessions have become a highlight of my life. Through the foundation's thoughtful and engaging activities, I've learned new skills like painting, chocolate making, yoga, and Zumba. I cherish the intergenerational programs, where school children teach us phone apps and college students dance with us. I even participated in traditional games during a college sports day, which was deeply touching. Dignity Foundation keeps us active with outings and community service, and during the pandemic, their online meetings helped us stay connected. I'm grateful for the staff's dedication and look forward to many more years with Dignity Foundation.

- Punitha N. Sabapathy

Four years ago, I joined Dignity Foundation and it transformed me into a confident and positive person. The foundation provides a space for seniors to connect, share and stay active through numerous events. Thanks to their guidance, I've performed in dances, plays and singing, building confidence I never had before. During the pandemic, I joined an online theatre workshop, which even led to acting in an international play. Dignity Foundation keeps us physically and mentally engaged, offering opportunities to learn from experts and develop new skills. I feel empowered by the support of my Dignity friends, who give me the strength to face challenges. I recommend all seniors to join this vibrant community and live an active and fulfilling life.

- Jaya Dass

Delhi NCR

DLF PHASE II

- Dignity Foundation's CMC DLF Phase 2, in collaboration with Artemis Hospital and other centers, hosted an event to raise awareness about Alzheimer's and dementia. Dr. Mohit Anand from Artemis Hospital gave a talk on brain function, causes of dementia, and the importance of a healthy lifestyle. The event also featured cultural performances and ended with heartfelt thanks to all participants.
- Members of CMC DLF Phase 2 organized a drive to distribute blankets, sweaters, gloves, socks, and mufflers to those in need in their community, bringing warmth and comfort to the less fortunate.
- The senior citizens at CMC DLF Phase 2 enjoyed a special Diwali celebration filled with traditional sweets, firecrackers, and the joy of exchanging gifts, creating a festive and memorable day for everyone involved.



NATIONAL MEDIA CENTRE

- CMC National Media Centre in Gurugram held a medical camp on May 17, 2023, in collaboration with Narayana Health, offering audiometry and ENT check-ups. Forty-two members benefited from this initiative, expressing satisfaction with the services provided.
- Members of CMC National Media Centre celebrated Children's Day with the children of NMC, organizing a painting competition followed by games like musical chairs and laughter yoga. It was a joyful and engaging day, filled with laughter and creativity, enjoyed by all.
- During a visit to an old age home in Gurgaon, CMC NMC members were deeply moved by the resilience and stories of the elderly residents. Their experiences, wisdom, and warmth left a lasting impact, reminding everyone of the value of empathy and care for the elderly.
- CMC National Media Centre hosted a session on



heart health, where Dr. Amit Bhushan Sharma, a cardiologist from Paras Hospital, Gurugram, provided valuable insights on maintaining a healthy heart, likening its importance to protecting a queen in a chess game.

- In a session at CMC National Media Centre, nutritionist Dt. Uma Maheshwari emphasized the importance of balanced nutrition for the elderly. She discussed how proper nutrition can boost immunity, prevent diseases, and promote overall well-being as people age.
- CMC National Media Centre celebrated its Annual Day with vibrant dance performances, melodious songs, exhibitions of homemade goods by members, and delicious refreshments. CEO, Mr. Javed Sheikh, was the Chief Guest, and the event was filled with happiness and community spirit.

SAFDARJUNG ENCLAVE

- On the morning of October 15, 2023, CMC Safdarjung Enclave members proudly completed the Vedanta Delhi Half Marathon in the Senior Citizen’s category. Running helps maintain both physical and mental well-being, strengthening the heart, improving lung function, and boosting mood with endorphins.
- On November 3, 2023, members of CMC Safdarjung joined hands with Efforts Group for a march dedicated to global peace. The day started with a peaceful walk, followed by thoughtful discussions over tea about the role of individuals in fostering peace within their communities and beyond, focusing on goodwill and unity.
- Members of CMC Safdarjung Enclave enjoyed a day trip to Choki-Haveli at Noida Haat, immersing themselves in the beautiful Rajasthani décor and culture. They delighted in traditional Rajasthani thalis with unlimited servings, experiencing the warmth and charm of village life, which boosted their physical and emotional well-being.
- Dr. Kameshwar Prasad from Fortis Hospital Vasant Kunj visited CMC Safdarjung Enclave to



conduct an engaging session on managing stress and understanding strokes. The session included fun exercises, games, and stress-relieving techniques, with winners receiving exciting goodies. Members thanked the organizers for an informative and enjoyable day filled with laughter and learning.

- “Samvada,” a local news magazine, featured an article on Dignity Foundation’s CMC Safdarjung Enclave, highlighting the active participation of senior citizens in various events and activities. The piece celebrated how these seniors are living fulfilling lives with the support of the Foundation, spreading positivity within the community.
- In collaboration with ‘Ear Solutions,’ Dignity Foundation’s CMC Safdarjung Enclave organized a hearing check-up camp. Hearing plays a vital role in maintaining relationships and participating fully in life, and this camp helped members stay connected by addressing hearing health.
- On March 8, 2024, CMC Safdarjung Enclave and Efforts Group celebrated International Women’s Day with the theme of forging women’s equality. The event honoured the achievements of women while calling for continued advocacy toward a world free of bias and discrimination, where diversity and inclusion are celebrated.
- Mr. R. K. Malhotra, a member of CMC Safdarjung Enclave, shared very good feedback in Facebook about how Dignity Foundation supported him and helped him in becoming a more positive and jovial person.

Kolkata

- The Barsha Mangal program on July 20, 2023, celebrated the monsoon season with soulful performances. Members sang songs by Rabindranath Tagore and Kazi Nazrul Islam, along with modern songs and poems. Their efforts made the event a resounding success.
- On September 20, 2023, Dignity Foundation Kolkata organized a press conference at the Press Club to announce the launch of the Dementia Day Care Centre in Dhakuria. Social activist and dancer Alokanda Roy, Trustee Gopal Srineevasan, and Patron Raghu Modi's representative Arpita Bhattacharya graced the event. The 'Alliance for Dementia Care' poster was also launched, marking an important milestone in raising awareness.
- On December 8, 2023, a flu vaccine camp was held at the Dhakuria Centre, where many members received the Naso Vac-S4 vaccine, ensuring they stayed protected during flu season.
- The annual picnic for all four centers of Dignity Foundation Kolkata took place on January 17, 2024, at Upasana Park, Newtown. Members enjoyed a day filled with games, delicious food, and scenic surroundings. The event fostered joy and camaraderie among the participants, making it a memorable experience.
- The food festival, held in January 2024, brought members together to share their culinary talents. Members cooked and decorated stalls with a variety of homemade dishes. The festival attracted new members, contributing to the community's growth.
- On February 28, 2024, Dignity Foundation Kolkata held a heartfelt condolence meeting to mourn the passing of Trustee Raghu Nandan Mody. He was deeply cherished as a mentor and guardian of the NGO. Members and senior executives from the Rasoi Group paid tribute with bhajans and fond memories of Modyji's invaluable contributions. His loss was deeply felt by all, and he will be remembered with profound respect.





DHAKURIA

- Dhakuria Chayer Adda Centre celebrated World Environment Day at Dakshinapan with a beautiful performance. Members sang songs to welcome the rains, danced in groups and solo, and spoke about the importance of trees. Some members recited poems, and the event attracted a crowd of passersby and shoppers. Plants were distributed to the audience, making the event a great success.
- On July 25, the members of Dhakuria Centre had a special day with the visit of Dr. Sheilu Sreenivasan, the founder of Dignity Foundation. After six years, Sheilu Ma'am returned to Kolkata, sharing her journey of founding Dignity Foundation. The members warmly welcomed her, with some sharing their own experiences and others performing songs. Her visit was a heartfelt experience for all, as she also visited Baguiati, Saltlake, Behala, and Dhakuria Centres, leaving the members feeling appreciated and inspired.
- Dhakuria Centre celebrated Saraswati Puja with great energy and enthusiasm. The members prepared for the puja by buying all necessary

items, decorating the idol, and making beautiful alpana. Members prepared a delicious bhog. Senior member Gautam Bhaduri conducted the puja, and everyone enjoyed singing, dancing, and a lovely lunch of khichuri, beguni, sabji, chutney, and sweets.

- International Women's Day was celebrated with enthusiasm at the Dhakuria Centre. The members were invited by AMRI Hospital Mukundapur to honor women in the community. Senior doctors, matrons, and nurses were felicitated, and Dr. Parijat Deb Choudhury and Dr. Usashi gave insightful talks on heart health and work-life balance. A quiz session added fun to the event, with several members winning prizes. Songs were sung, poems recited, and all participants were given roses before enjoying delicious snacks.
- In March 2024, the members visited an orphanage for HIV-positive children. They provided the children with medicines, food, and study materials, offering support and companionship. The members felt deeply touched by the experience, seeing the children as God's special gifts and promising to stand by them always.

BAGUIATI

- In February, a health check-up camp was organized at the Baguiati Centre by Dr. Mohan's Diabetes Clinic and Research Centre. Members were able to get their ECGs and blood sugar levels tested, ensuring they received proper health monitoring and support.
- On April 15, 2023, to mark the Bengali New Year, the Dignitarians of Baguiati Centre celebrated a special occasion with the inauguration of a new Chayer Adda Centre at Milan Sangha Club premises. The day began with a Laxmi and Ganesh Puja, followed by a celebratory lunch attended by 70 members. Guests from other Kolkata centres were also invited to share in the joy of the event. The inauguration was led by chapter head Ruma Chatterjee, and new amenities were introduced, including a tea and coffee vending machine and a first aid kit for the centre.

BEHALA

- The Dignity Foundation Behala Chapter celebrated Bengali tradition with a heartwarming event called "Baithaki Adda." Held during the Bengali New Year, the gathering paid tribute to the elegance of old Bengal's Babu culture. Attendees were transported to a nostalgic era through enchanting songs that evoked the grace and pride of Bengal's rich heritage. Every moment of the event was filled with admiration for the cultural legacy, deeply resonating with the participants.
- The "Basanta Utsav" celebration at Behala Centre was a vivid display of color and joy. Reflecting the spirit of spring, the members of Dignity Foundation wholeheartedly organized the event, embracing the essence of renewal. Each member actively contributed, ensuring the event's success. The celebration also paid tribute to society's real heroes—those who selflessly served others during



the COVID crisis, even at great personal risk. This heartfelt acknowledgment set a meaningful tone for the evening.

- “Agomoni,” the annual function of the Dignity Forum Behala, marked a touching moment as the group distributed saris to local housewives in need. This year, they also extended their generosity to blind orphans from the NOOR Foundation, providing dresses to 18 children aged 10 to 15 years and offering 10 ration kits to ensure no one went hungry during the Puja days. The gesture embodied the forum’s commitment to uplifting others and spreading goodwill.
- In memory of late Smt. Anima Dutta Swami, a dedicated member of Dignity Foundation, the Behala Chapter visited Oxford Mission to provide a meal to underprivileged children. The act of kindness, supported by her husband, Subhranshu Swami, was a touching tribute to her legacy. The members were deeply moved by the experience, creating lasting memories of compassion and solidarity with the children.

SALT LAKE

- A delightful lunch outing was organized at Hukka Restaurant in Salt Lake for our members. The buffet system offered a variety of delicious dishes, and everyone thoroughly enjoyed the meal. The highlight of the day was a treat of refreshing ice cream, which added a sweet touch to the outing. Besides this special event, our regular programs continued throughout the month, including yoga and meditation sessions, cultural programs, and birthday celebrations, ensuring a vibrant and engaging experience for all members.



Mumbai

CHEMBUR

- Chembur Chai Masti Centre has been a vibrant space for senior adults, with an average age of 65 to 70 years.
- We offer various styles of yoga, allowing seniors to choose what suits their abilities, from gentle to dynamic sessions.
- Tai Chi enhances balance, coordination, and mindfulness through slow, deliberate movements.
- Bollywood dance sessions bring joy, combining fitness with cultural creativity.
- Regular picnics, festival celebrations, and outings provide opportunities for nature appreciation, enjoyment and socialising.
- Our mindfulness and meditation practices help members achieve inner peace and clarity.
- Mind games like bridge, carrom, puzzles and quizzes can help prevent age-related memory loss and dementia.
- We host educational workshops, health camps, and talks by doctors, expanding knowledge and awareness.
- Entertainment events bring joy, and members share their talents, creating lasting memories.
- Our community is driven by unity, enthusiasm, and cooperation, where everyone feels valued and supported.
- Dignity Foundation provides a nurturing platform, enabling seniors to explore new interests and lead fulfilling lives.



DADAR

- On August 15, 2023, Independence Day was celebrated with great enthusiasm. Everyone dressed in tri-coloured clothing representing the national flag. The event featured various presentations, including speeches related to Independence Day. A special highlight was a visit by 30 members to Chennai for Freedom Fiesta celebrations.
- On September 5, Mangala Gaur was celebrated with vibrant traditional attire. The ladies wore Navwari sarees and Nathani, while some men donned Indian formals. More than 60 members participated, with Manjusha explaining the significance of the Mangala Gaur Vrat (fast). The celebration included traditional games and dance steps taught by members familiar with the Mangala Gaur dance. Teacher's Day was observed alongside Mangala Gaur celebrations, featuring a talk by Mr. Sunil Ullal on managing stress. The session was well-received and appreciated by all attendees.
- Navratri and Dussehra were marked with excitement as members dressed in yellow traditional outfits. The festivities included lively Dandiya and Garba dances, showcasing the vibrant spirit of the season.
- A medical camp organized by Ms. Vidya Bhaskar provided on-the-spot BP and diabetes testing for members. Ayurveda doctors also offered individual counseling to address health concerns.
- In November, Rotarian Arun D Deshmukh conducted a talk on the importance of writing wills. He covered various aspects to help ensure family issues are resolved smoothly and without unnecessary expense.
- The inauguration of the Dignity Chai Masti Centre in Mahim in December 2023 saw active participation from our centre members in dances and a skit, adding to the festive spirit of the event.





- A talk on Gerontology and Successful Aging was given by Ms. Amruta on January 19. She discussed the positive aspects of aging and how to enjoy an active and fulfilling life despite health challenges.

- On February 12, LIC of India representative Ms. Varsha Kundaikar spoke about various insurance policies beneficial to both younger generations and members below 65 years of age.

- On February 27, Rael Padamsee's ACE Productions conducted an engaging workshop. The session involved interactive activities that brought much laughter and enjoyment.

- International Women's Day was celebrated on March 8 with members dressed in their finest. The event featured games, bumper prizes, and delicious snacks, celebrating the essential roles women play in society.

- Monthly activities included chair aerobics led by Sweta Desai, yoga sessions by Vidya Madam, Kalpana, and Uma, laughter yoga by Mr. Mani, karaoke sessions, dance therapy by Vedangi Narkar, and birthday celebrations with games, music, and dancing.



TARDEO

- The Tardeo Centre celebrated its anniversary on May 2, 2023 at the Hall of the Lady Engineer School. The event was graced by Dignity Foundation's Trustee Mrs. Sweta Vakil and CEO Mr. Javed Sheikh.

- The centre participated in a Food Festival on January 19, 2024, at Kutchi Oswal Jain Hall in Lalbaugh, under the guidance of Mohit Gawde, and won the award for the highest fundraising stall.

- Members of the Tardeo Centre performed a dance event on April 30, 2024, at Anna Bhau Sathe Auditorium in Byculla, including the performance "Mera Naam Chin Chin Choo."



MAHIM

- The newly opened centre at Mahim West started on December 4, 2023, with one member and now has grown to 20 members, including 18 females and 2 males.
- Activities at the centre include yoga, Zumba, aerobics, laughter yoga, bhajans, karaoke, and indoor games such as carom, chess, and ludo.
- The centre also celebrates birthdays, festivals, and organizes picnics and outings.
- Members are encouraged to showcase their talents through solo singing, group dances, and skits.
- Members enjoy their daily visits to the centre, interacting with each other and sharing their daily experiences.
- Socializing at the centre helps reduce feelings of loneliness, anxiety, and isolation, which are



CASE STUDY

A notable case story is that of Nisha Bicchu, who joined the centre from its very first day. After experiencing significant personal loss, she had stopped socializing and lost interest in activities she once enjoyed. Since joining the centre, she has reconnected with her passion for singing and actively participates in centre activities, expressing gratitude for the positive impact of the Chai Masti Centre at Mahim.

common among seniors living alone.

- Many members have shown improved behaviour, increased happiness and better physical fitness through engagement in activities like yoga, Zumba, and laughter yoga.





MIRA ROAD – JP NORTH GARDEN CITY

- Dignity Foundation's J P Infra North Garden City Chai Masti Centre celebrated its third year of operation with a special anniversary event, where members reflected on their journey together.
- One of the standout moments of the year was the Potluck event held in August 2023. Members enthusiastically contributed homemade dishes, turning the event into a grand feast of flavours. From traditional recipes passed down through generations to new culinary experiments, the Potluck showcased the diversity and culinary skills of the group.
- The centre maintained its focus on physical well-being through regular yoga and Zumba sessions, fostering joy and energy among its elderly members. Whether it was the calming effects of yoga or the upbeat rhythm of zumba, each session left the participants feeling invigorated and happy. Fitness at the Centre wasn't just a routine—it was a shared experience that brought people together, helping them stay active and motivated.
- Members engaged in daily crochet-making sessions, which served as a therapeutic and rewarding creative activity.
- On Independence Day, the Centre was adorned in the tricolors of the Indian flag as members came together to celebrate the nation's freedom. Patriotic songs filled the air, and a flag hoisting ceremony was held, followed by discussions on the meaning of independence and the role of senior citizens in preserving India's heritage.
- Guru Purnima was celebrated with reverence, as members shared stories of the wisdom and support, they had received from their mentors and guides. Members paid tribute to their mentors and guides, sharing heartfelt stories of the wisdom and support they had received throughout their lives. The day was filled with gratitude and respect, as members honored the spirit of learning and growth that continued to enrich their lives.
- The centre thrived as a hub of joy, learning, and community, offering a range of activities that allowed seniors to live life to the fullest.
- Moving into the next financial year, the centre looks forward to introducing more exciting programs and experiences for its growing community.



MIRA ROAD – JP NORTH BARCELONA

- Dignity Foundation’s J P Infra North Barcelona Chai Masti Centre was launched in February 2024 and has grown to nearly 70 members in just a few months.
- Regular yoga and zumba classes are popular among members, helping them stay physically active while promoting mental well-being. These sessions are not only about fitness but also about fun, making exercise an enjoyable part of their routine.
- Creative workshops, including painting and crochet, have provided therapeutic outlets for members, fostering a sense of accomplishment.
- The centre has organized social gatherings such as potluck meals and cultural celebrations like Guru Purnima and Independence Day, enhancing community bonds. These events have become opportunities for members to share experiences, build friendships, and celebrate life’s special moments together.
- Many members have experienced an improved quality of life through the centre, gaining a space for active engagement and meaningful social interaction.
- The focus moving forward is to expand programmes with more workshops, fitness classes, and social events tailored to the senior community’s interests and well-being.
- The centre aims to create a supportive environment where every member feels valued and engaged, further strengthening the sense of community.

POWAI

- Senior citizens from CMC Powai went a relaxing picnic at the Royal Garden Resort, which offers amenities such as swimming pools, gardens, and recreational activities.
- Women’s Day celebration at CMC Powai for senior citizens featured cultural performances, interactive sessions, fun games, and workshops on health, wellness, and empowerment, along with a special luncheon.
- Diwali celebration at CMC Powai included traditional decorations, cultural performances, music, dance, a diya lighting ceremony, and a festive meal to bring warmth and joy to the seniors.
- Gudi Padwa celebration at CMC Powai began with the traditional hoisting of the Gudi, cultural performances, a special puja, and the serving of traditional Maharashtrian delicacies like puran poli and shrikhand.
- Janmashtami celebration at CMC Powai featured devotional singing, storytelling sessions about Lord Krishna, a reenactment of Krishna’s childhood stories, a special puja, and the distribution of traditional prasadam.
- Navratri Garba celebration at CMC Powai included traditional decorations, a Garba dance workshop, devotional singing, an aarti, and the serving of refreshments and traditional snacks.
- The 10th anniversary celebration of CMC Powai will be a grand event with special guests Sheilu Sreenivasan, Shweta Vakil, and Fazilat Mam, featuring keynote addresses, dance performances, and a communal dinner.
- The New Year celebration at CMC Powai for senior citizens will include a countdown to the new year, live music, a talent show, games, and a photo booth with festive props.



THANE

- On World Environment Day, the centre celebrated by planting two plants.
- The centre observed the International Day for Eye Donation to promote awareness.
- International Day of Yoga was celebrated with dedicated yoga sessions.
- Teachers' Day was marked with special activities honouring educators.
- International Women's Day was celebrated with events highlighting the achievements and contributions of women.
- Matrudin was celebrated, focusing on honouring mothers.
- A visit was made to the senior citizen group of Laxmi Narayan Society, Thane, to encourage them to join Dignity Foundation.
- Cognitive activities included creating a collaborative working environment, sessions on preventative measures for fall risk, and a session by Ashwini on 'You Can Heal Your Life.' A session on destiny and choice was also conducted.
- Music therapy sessions were led by Neena Singh to enhance emotional well-being.
- The first Zumba session since the pandemic took place in August 2023, promoting physical fitness.
- Educational activities included Ananya Mahadevan teaching basic Spanish language and Sri Vijay Mhatre sharing insights from his Narmada Parikrama journey.
- Member Vanita Tawate received the Jyeshtha Ratna Award from Vyas Creation, Thane.
- Press coverage included details of the centre's activities, International Women's Day, and Teachers' Day celebrations, published in the local newspapers.



VASHI

- Makar Sankranti was celebrated with members wearing black sarees and kurtas, along with dance and song performances by some members.
- On January 26, many members sang songs to celebrate Republic Day, and our Zumba teacher Sayali led a group dance with 20 members.
- In February, Swati Thadani conducted a yoga session, and Dr. Cheryl led a physiotherapy session that included exercises.
- Dr. Jayanti conducted a well-received storytelling session that engaged all members.
- In March, two yoga sessions were held, along with three cheerful Zumba and Bollywood dance sessions.
- Sejal Paleja conducted a music and dance therapy session which was enjoyed by our members.
- Coordinator Shalini led Zumba and Bollywood dance sessions, followed by an Antakshari round in one session and housie and passing the ball game in another.
- Holi was celebrated on March 27 with members dancing, singing, and ending the event with a Garba dance session.

PUNE

KALYANI NAGAR

- Ms. Payal, a clinical hypnotherapist, spoke on the power of the subconscious mind.
- Dr. Shiva Aiyar discussed geriatric healthcare and living with dignity.
- Sunny Gupta led a health and nutrition session with basic warm-up exercises.
- Adv. Jamil Shaikh spoke on same-sex marriage.
- Com. Chaturvedi discussed mind control and hand exercises for improving coordination.
- Energization exercise yoga session was conducted by Ms. Zenia Sarosh Mody, which included chanting, exercises, and affirmations.
- An earthing session by Janhavi Patankar was held, discussing the health benefits of connecting with the earth.
- A session by Ms. Tehnaz Ragi on brain-body connection and effective learning environments was enjoyed by the members.
- Led by Ms. Prerna, Dance Movement Therapy sessions focused on discovering new movements





unique to each individual, creating choreography, and exploring play, art, and movement. Members found new meaning and connection with each other, and the sessions were highly appreciated, with requests to continue.

- On September 21, World Alzheimer's Day, members took part in various activities, including a Walkathon and cultural programs at Maulana Hall, Pune. They worked on informative materials to educate the community about Alzheimer's.
- World Elder's Day was celebrated with over 100 members at Shivarkar Hall. The event featured performances, skits, dances, and speeches that showcased the talents and energy of elder members.
- Members participated in Garba lessons and traditional dance, embracing the festive spirit of Navratri and Dussehra. Members prepared a group dance and dances representing seven Indian states, which were well received.
- Therapeutic Movements Sessions were conducted by Shivani More, featuring guided movement exercises, art making, verbal processing, and ice-breaking activities. Members looked forward to these sessions.
- Annual Meet-up was held on January 10, 2024, at

Royal Orchid Hotel in Pune. Graced by Dr. Sheilu Sreenivasan and Mr. Javed Sheikh. Included a musical evening and snacks.

MAGARPATTA

- Session on handwriting, positive thinking and the subconscious mind was held by a Pune-based graphologist, chakra healer, reiki healer, and dowsing practitioner.
- Ms. Payal, a clinical hypnotherapist, spoke on the power of the subconscious mind.
- Yoga classes by Seema Sitole were tailored to members' health conditions.
- Mr. Mahesh Chopra spoke about his journey in Doordarshan.
- Members celebrated Independence Day with patriotic songs and discussions about freedom fighters.
- Body and Mind Coordination Exercises were conducted by Col. GK Subramanian, focusing on joint rotation, body balancing, and the importance of coordination.
- Abhinav Rangnathan, an autistic performer, gave a musical performance that inspired both him and

his family. Members enjoyed the karaoke session.

- On World Elders Day, members performed a group dance and skit titled "SHADI KE LADDU," which was well-received. Col. G.K. Subramanian led body and mind coordination exercises, emphasizing their benefits.
- Body and Mind Coordination Exercises highlighted the importance of these exercises for brain function, joint flexibility, and muscle strength.
- Diwali Celebration was held at the Laburnum Club with decorations, Laxmi Puja, bhajans, and group dances.
- A Picnic was organized at Meher Retreat, Yawat, with activities like sightseeing, Hurda party, rain dance, bullock cart rides, and a magic show. This outing helped members refresh and build a sense of community.
- A Visit was made to Raja Dinkar Museum. Members explored the museum's collection of antiques and musical instruments.

WANOWRIE

- Regular activities included bridge, crochet, karaoke, and games.
- Zumba Classes were held every Monday, promoting physical fitness with an average attendance of 20 participants per session. Zumba teacher prepared members for World Elders Day performance too.
- Music Class conducted by Mrs. Maya Rana on Wednesdays had consistent participation and an average of 25 attendees per class.
- Western Line Dance classes were led by Ms. Elizabeth John every Friday.
- World Elder's Day celebration featured performances, skits, dances, and speeches, with over 100 members in attendance. The event was a success, showcasing the talents of elder members.
- A game of Bridge was played every Thursday under Ms. Meena Gupte's guidance, encouraging members to learn and enjoy the game.
- Advocate Jamil Shaikh discussed Human Rights and Minority Rights.





Dignity Dialogue Magazine

From 1995 till date, Dignity Dialogue has been the leading monthly magazine dedicated to the promotion of productive ageing through sharing of inspiring stories, ideas, thought leadership and infotainment.

Dignity Dialogue, being India's longest-running senior citizen magazine in publication, has inspired many readers to hone their amateur skills and become professionals like photographers, travel writers, stage actors, etc.

With topics ranging from travel, health, money to Bollywood and humour, Dignity Dialogue has it all.

OUR IMPACT

30
years

360
issues

20,000
subscribers



Why Dignity Dialogue?

1. Articles by domain experts

Experts in the fields of finance, law, medicine, health and technology regularly contribute their thoughts to Dignity Dialogue magazine.

2. Positive & Empowering

We celebrate the golden years and focus on senior citizens' accomplishments and new learnings in the second innings of their life!

3. Health & Wellness

We know the importance of good health for the elderly. In each issue, we bring important information about your wellness as well as physical and mental health.

4. Community Building

Our magazine is for YOU, so we have ample opportunities for you to express your opinions, share your feedback and write about your memories and milestones.

5. Productive Use of Time

Readers have something meaningful and valuable to look forward to with every edition of Dignity Dialogue. Many readers preserve our copies and revisit them often.

6. Entertainment

Our magazine is incomplete without an entertainment feature and other exciting sections like Humour and Photo Feature, making it a light and enjoyable reading experience.

Dignity Dialogue Magazine is available in hard-copy and e-copy for a cost-effective annual subscription. A one-year membership provides 12 issues – 1 issue per month. We have multi-year subscription options at discounted prices as well. For more information or to purchase your subscription, visit our website or call 022 6138 1100.

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Some of our press clippings:



100 Ration Kits donated to TB-affected senior citizens in Vasai-Virar, Maharashtra



World Alzheimer's Day observed in Delhi by Dignity Foundation



World Elders Day Celebration by Chai Masti Centres of Mumbai

Dr. Sheilu Sreenivasan won the UNFPA Laadli Media Award in October 2024 for her contributions to 'Gender & Ageing' in India. She was chosen as a winner from nominees across South Asia!



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| Anil Kumar Desai | 29,000 |
| S N Jejurkar | 12,000 |
| Subosh Chandra | 12,000 |
| Panduranga Reddy | 12,000 |
| Shamala Patankar | 31,000 |
| Nisha Bichu | 31,000 |
| Datta Pokale | 55,000 |
| Hemant D Vakil | 36,000 |

| Name | Amount (INR) |
|------------------------------|--------------|
| Gautam Khadepau | 25,000 |
| Rajan Ruvala | 21,000 |
| Kumudini Kale | 37,000 |
| Firuz Noshir | 1,00,000 |
| Vishwanath Bhat | 24,000 |
| Kapil Pathak | 10,149 |
| Santosh Kurian Thekkedom | 21,000 |
| Dolly Hoshang Nanavati | 50,000 |
| Arun Borkar | 31,000 |
| Anjali Borkar | 51,000 |
| Lakshmi Srinivasan | 15,000 |
| Uma Srinivasan | 25,000 |
| Prithvi Raj Khanna | 31,000 |
| Rekha Udani | 15,000 |
| Shashank Rastogi | 21,000 |
| Sabar Jilla | 20,000 |
| Joaquim Dsouza | 59,000 |
| Joel Christopher Gonsalves | 12,600 |
| Vijaya Varadarajan | 10,500 |
| Aashu Calapa | 10,500 |
| Shankarlal Kankaria | 1,01,000 |
| Meenakshi Doraiswami | 25,000 |
| Neeti Jatia | 19,950 |
| Anil Sharma | 10,500 |
| Sangeeta Purushottam | 10,500 |
| Rajesh Kumar | 31,500 |
| Amal Kumar Ghosh | 10,000 |
| Neelambika Mirji | 30,000 |
| Sulakshana Raghavan | 50,000 |
| Asha Savant | 20,000 |
| Arun Kumar Rai | 10,000 |
| Rhoda Doctor | 40,000 |
| Bhairvi Selarka | 10,500 |
| Nupur Asthana | 30,000 |
| Amita Talwar | 10,500 |
| Haresh Ramchandra Shamdasani | 20,000 |

| Name | Amount (INR) |
|------------------------------|--------------|
| Hema Pai | 10,000 |
| Pranay Bipin Jhaveri | 46,650 |
| Captain Shital P Khandelwal | 51,000 |
| Darshan Mhatre | 21,000 |
| Rajani Mishra | 36,000 |
| Meenal Kshirsagar | 1,00,000 |
| Rajanikant Reshamwala | 30,000 |
| Lata Reshamwala | 36,000 |
| Joyce Sankaran | 10,000 |
| Vispy Dalal | 1,00,000 |
| Kersi Divecha | 10,000 |
| Narendra Kumar Mohatta | 10,000 |
| Kusum Bhatia | 10,000 |
| Vaddi Venkar Ramana | 4,00,000 |
| Bidurukontham Madhusudan Rao | 4,00,000 |
| Satyabhama Subramanian | 25,000 |
| Joseph Noel Nehru | 94,500 |
| Neelam Jyothi | 45,000 |
| V.Krishnaveni | 22,300 |
| K.Rajeswari | 50,700 |
| Jaya Dass | 1,60,500 |
| Suya Immanuel | 25,000 |
| Sundera Gopalan | 1,65,000 |
| R.V.Rajan | 17,000 |
| Malathi Kannan | 93,000 |
| Kasi Viswanathan | 31,000 |
| Prema Seetharaman | 10,000 |
| Merita Joseph | 20,400 |
| Parvin Banu | 15,500 |
| Sakthi Rekha | 10,000 |
| R. Narayanan | 24,000 |
| Dr.Sarojini Sheshadri | 73,200 |
| Felista Jose | 12,800 |
| Yamuna Subramaniam | 65,000 |
| M.Jayaraman | 10,000 |
| Meyyappan | 10,000 |
| S. Leelavathi | 10,000 |
| M. Meyappan | 10,000 |

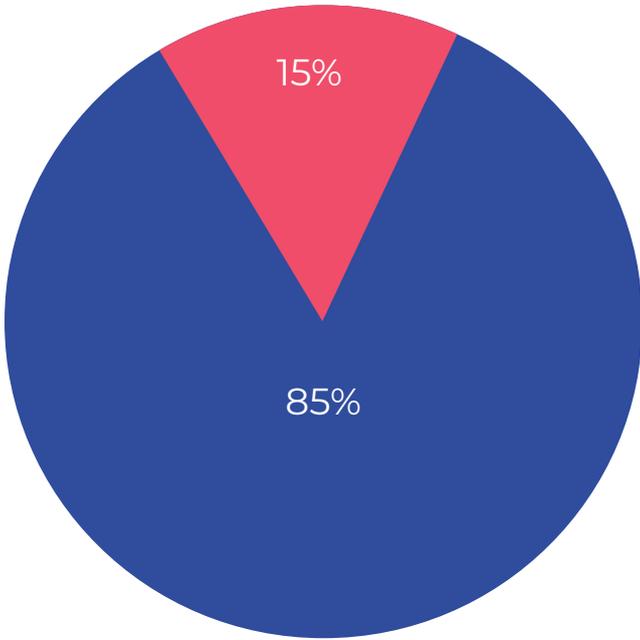
| Name | Amount (INR) |
|------------------------------|--------------|
| NC Krishnaswamy | 85,000 |
| Smriti Talwar | 10,000 |
| S. Murali | 50,000 |
| K. Kumar | 17,500 |
| Sweta Vakil | 1,00,000 |
| Gayathri | 19,200 |
| K. Anna Lakshmi | 12,000 |
| Azhagiya Nambi | 15,000 |
| Gayathri Krishna | 19,200 |
| S. Sathya Bama | 1,00,000 |
| Sree Gokulam | 10,000 |
| Rajeswari Vinayakan | 54,000 |
| Hemalatha Anand | 12,000 |
| D. Srinivasan | 53,000 |
| Anirudh Bhalotia | 11,000 |
| Vasanti Rane | 2,33,000 |
| Nirupama Sharma | 12,000 |
| Dinoo Patel | 16,000 |
| Jamil Shaikh | 12,000 |
| V Sundaram | 44,000 |
| Jayanthi Madangopal | 42,649 |
| Geetha Subharam | 12,000 |
| Indra Pasricha | 15,000 |
| Snehal Laud | 1,01,000 |
| Mary Fernandes | 33,000 |
| Pushpa Subramonian | 12,000 |
| Prarthana Rao | 40,000 |
| Mridula Deshpande | 34,050 |
| Suresh Deshpande | 1,69,000 |
| Madhukar Patekar | 28,649 |
| Radha Madhavan | 12,000 |
| Khema Ganju | 12,000 |
| V Mahalingam | 20,000 |
| Lalitha Simha | 10,000 |
| Cururaj Rao | 66,000 |
| Dr Shamantahkamani Narendran | 50,000 |
| Shevanti Rao | 10,000 |
| Rajen Sheth | 50,000 |



FINANCIAL PERFORMANCE

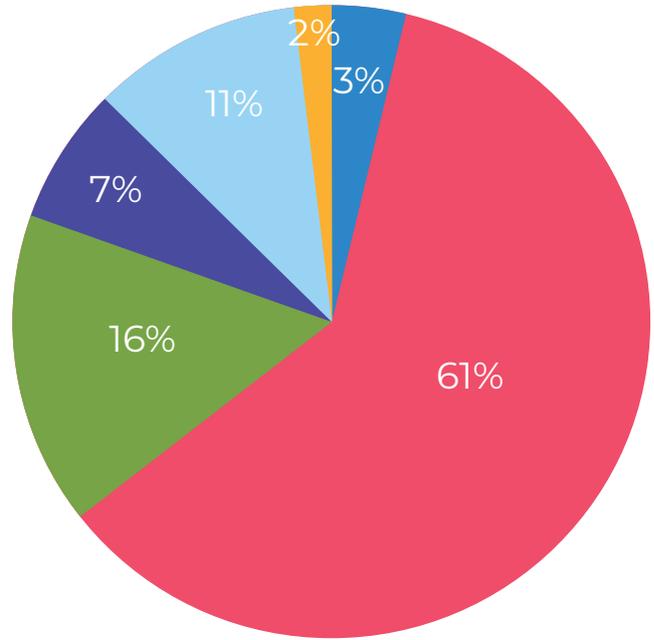
AT A GLANCE

Income



- Donations
- Income From Other Sources

Expenses



- Educational
- Medical Relief
- Relief Of Poverty
- Other Charitable Objects
- Establishment Expenses
- Administrative Expenses

| Income | Amount (In ₹.) | % |
|---------------------------|-------------------|-------------|
| Donations | 56,426,916 | 85% |
| Income From Other Sources | 10,127,176 | 15% |
| Total | 66,554,092 | 100% |

| Expenses | Amount (In ₹.) | % |
|--------------------------|-------------------|-------------|
| Educational | 2,234,337 | 3% |
| Medical Relief | 38,961,452 | 61% |
| Relief Of Poverty | 10,256,365 | 16% |
| Other Charitable Objects | 4,530,201 | 7% |
| Establishment Expenses | 6,973,517 | 11% |
| Administrative Expenses | 1,117,141 | 2% |
| Total | 64,073,012 | 100% |

**AUDITOR'S REPORT
TO THE MEMBERS OF THE GOVERNING BODY OF
Dignity Foundation**

Opinion

We have audited the financial statements of **Dignity Foundation**, which comprise the Balance Sheet as at 31st March, 2024 and the Statement of Income and Expenditure for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, and to the best of my information and according to the explanations given to us, the accompanying financial statements give a true and fair view of the financial position of the entity as at 31st March 2024 and of its financial performance for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

Basis for Opinion

We conducted audit in accordance with the Standards on Auditing (SAs) issued by ICAI. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the entity in accordance with the Code of Ethics issued by ICAI and we have fulfilled our other ethical responsibilities in accordance with the Code of Ethics. We believe that the audit evidence and have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation of these financial statements that give a true and fair view of the state of affairs and results of operations of the entity in accordance with the accounting principles generally accepted in India. This responsibility includes the design, implementation, and maintenance of internal control relevant to the preparation and presentation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

Those charged with governance are responsible for overseeing the entity's financial reporting process.



Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with SAs, exercise professional judgment and maintain professional scepticism throughout the audit.

1. We report that

- i. In our opinion and to the best of our information and according to the explanations given to us, the said accounts give the information required by the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950), in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:
 - a. in the case of the Balance Sheet, of the state of affairs of the **Dignity Foundation** as at March 31, 2024; and
 - b. in the case of the Income and Expenditure Account, of the excess of income over expenditure for the year ended on that date.
- ii. As required by the provisions relating to the accounts audited under Sub Section 2 of Section 33 and 34 and Rule 19 of the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950) we further report as follows: -
 - a. The accounts are maintained regularly and in accordance with the provisions of the Act and Rules.
 - b. The Receipts and disbursements are properly and correctly shown in the accounts.
 - c. The cash balance & vouchers are in the custody of the manager or trustee on the date of audit were in agreement with the accounts.



- d. All books, deeds, accounts, vouchers or other documents or records required by us were produced.
- e. A register of movable & immovable properties is maintained, the changes therein are communicated from time to time to the regional office and the defects and inaccuracies mentioned in the previous audit report have been duly complied with.
- f. All necessary information required by us has been furnished to us by the manager and trustee whenever called upon.
- g. No property or funds of the Trust were applied for any object or purpose other than for the object or purpose of the Trust.
- h. There are no amounts which are outstanding for more than one year and the amounts written off are disclosed in Schedule XV of the Financial Statements.
- i. There were no tenders invited for repairs or construction involving expenditure exceeding Rs. 5,000/-.
- j. The moneys of the Trust have not been invested contrary to the provisions of Section 35.
- k. There is no alienation of the immovable property contrary to the provisions of Section 36.
- l. So far as it is ascertainable from the books of accounts and according to the information and explanation given to us by the Treasurer, there were no special matters which are required to be brought to the notice of the Deputy Charity Commissioner.
- m. So far it is ascertainable from the books of accounts and according to the information and explanation given to us, there were no cases of irregular, illegal or improper expenditure or failure or omission to recover money or other properties belonging to the Trust or of loss, waste of money or other property thereof.
- n. The budget has been filed in the form as provided by Rule 16-A.
- o. The maximum and minimum number of the members of the Managing Committee is maintained.



- p. The meetings are held regularly as provided in the rules and regulations.
- q. The minute's book of the proceedings of the meeting is maintained.
- r. None of the members of the Managing Committee has any interest in the investment of the Trust.
- s. None of the Trustee is a debtor or creditor of the Trust except the Trust has received unsecured interest free loan from a Trustee for the purpose of the Object of the Trust.
- t. No irregularities were pointed out by the Auditors in the accounts of the previous year.

Place: Mumbai
Date: 25th September 2024



For B.D. Jokhakar & Co.
Chartered Accountants
FRN: - 104345W

Raman H. Jokhakar
Partner

Membership No.103241
UDIN: 24103241BKABMV
2499

SCHEDULE VIII

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**
Balance Sheet as at **31st MARCH, 2024**

Number of the Trust : **F 19856 (BOM)**

| FUNDS AND LIABILITIES | | Rs. | Rs. | PROPERTY AND ASSETS | | Rs. | Rs. |
|---|----------|------------|--------------------|--|----------|-----------|--------------------|
| <u>Trusts Funds or Corpus -</u> | | | | <u>Immovable properties - (At Cost)</u> | | | |
| Balance as per last balance-sheet | | 47,31,148 | | Additions or deductions (including those for depreciation), if any during the year | | NIL | |
| Adjustment during the year | Sch I | | 47,31,148 | Less : Depreciation up to the date | | NIL | |
| <u>Other Earmarked funds -</u> | | | | Add : Capital W.I.P | | | |
| (Created under the provisions of the trust-deed or scheme or out of the income) | | | | | | | |
| Depreciation Fund | | | NIL | <u>Investments -</u> | | | |
| Sinking Fund | | | NIL | Fixed Deposits with Bank | Sch IV | | 66,50,590 |
| Reserve Fund | | | NIL | Mutual Fund Units | | | 37,13,826 |
| Any other Fund | Sch II | | 29,01,032 | <u>Fixed Assets-</u> | | | |
| <u>Loans (Secured or Unsecured) -</u> | | | | Balance as per last balance-sheet | | 42,07,080 | |
| From trustees (Unsecured, Interest Free from Dr. Sheilu Sreenivasan) | | | 56,00,000 | Additions during the year | Sch V | 21,88,543 | |
| From others | | | NIL | Less: Sales / Written off | | | |
| <u>Liabilities -</u> | | | | Depreciation up to the date | | 9,76,892 | 54,18,731 |
| For Expenses | | 41,46,721 | | <u>Loans (secured or Unsecured)-</u> | | | |
| For Advances | Sch III | 9,65,428 | 58,21,462 | Loans scholarships | | | |
| For Sundry Credit Balances | | 7,09,313 | | <u>Advances</u> | | | |
| <u>Income and Expenditure Account</u> | | | | To Trustees | | | |
| Balance as per Last Balance Sheet | | (3,32,498) | | To Employees | | | |
| Less : Appropriation, if any | | | | To Contractors | Sch VI | | |
| Less : Deficit as per Income & Add: Surplus Expenditure A/c | | 24,81,078 | 21,48,580 | To Lawyers | | | |
| | | | | To Others | | 3,73,291 | 3,73,291 |
| Branches / Chapters | Sch X | | NIL | <u>Security Deposits</u> | Sch VII | | 22,98,850 |
| Notes to Accounts | Sch XVII | | | <u>Income Outstanding -</u> | | | |
| | | | | Rent | Sch VIII | 16,236 | |
| | | | | Interest (Accrued) | | 2,50,268 | 2,66,503 |
| | | | | Other Income (Outstanding) | | | |
| | | | | <u>Cash and Bank Balance</u> | | | |
| | | | | (a) Cash | | 15,000 | |
| | | | | (a) In Bank A/c | Sch IX | 24,65,430 | |
| | | | | (b) With the trustee | | NIL | |
| | | | | (c) With the manager | | NIL | |
| | | | | (d) Cheques on hand | | NIL | 24,80,430 |
| Total Rs. | | | 2,12,02,222 | Total Rs. | | | 2,12,02,222 |

Market value as on the date of the balance-sheet should also be given by way of a note. Particulars of investment in concerns in which the trustees are interested shall be given separately by way of a note.

In case the accounts are maintained on cash basis, state the income outstanding here below : **Not Applicable**

The above balance sheet to the best of our belief contains a true account of the Funds and Liabilities and of the Property and Assets of the trust.

For Dignity Foundation

As per our report of even date
For B.D. Jekhakar & Co.
Chartered Accountants
FRN 104345W

Sheilu Sreenivasan

Gopal Srinivasan

Raman H. Jekhakar

Date: 25th September, 2024
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Prañay Vakil
Trustee

Raman H. Jekhakar
Partner, Mem. No. 103241



SCHEDULE IX

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**
Income and Expenditure for the year ending : **31st MARCH, 2024**

Trust Regn. No. **F 19856 (BOM)**

| EXPENDITURE | | Rs. | Rs. | INCOME | | Rs. | Rs. |
|---|--|-----|--------------------|----------------------------------|--|----------|--------------------|
| To Expenditure in respect of properties - | | | | By Rent- (accrued) | | | |
| Rates, taxes, cesses | | NIL | | (realized) | | | |
| Repairs and maintenance | | NIL | | By Interest- | | | |
| Insurance | | NIL | | on securities | | | |
| Depreciation (by way of provision or adjustments). | | NIL | NIL | on loans | | | |
| | | | | on Bank Account: Savings Bank | | | |
| | | | | Fixed Deposit | | Sch XI | 2,61,105 |
| | | | | Capital Gain - Mutual Fund Units | | | 2,17,872 |
| To Establishment expenses | | | 69,73,517 | | | | 68,151 |
| | | | | | | | 5,47,128 |
| To Remuneration to trustees | | | NIL | By Dividend | | | NIL |
| | | | | By Donations in cash or kind | | Sch XII | 5,64,26,916 |
| To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any. | | | NIL | By Grants | | | NIL |
| | | | | By Income from other sources | | | |
| To Legal & Professional expenses | | | 86,150 | Income from Events & Activities | | Sch XIII | 94,75,683 |
| To Audit fees | | | 54,100 | Miscellaneous Income | | Sch XIV | 1,04,365 |
| | | | | | | | 95,80,048 |
| To Depreciation | | | 9,76,892 | By Transfer from Reserve | | | NIL |
| | | | | By Deficit | | | NIL |
| To Amount Written Off | | | | (carried over to Balance Sheet) | | | |
| (a) Bad Debts | | | NIL | | | | |
| (b) Loan Scholarship | | | NIL | | | | |
| (c) Irrecoverable Rents | | | NIL | | | | |
| (d) Other Items | | | NIL | | | | |
| To Amount transferred to Reserve or Specific Funds | | | NIL | | | | |
| To Expenditure on Objects of the Trust | | | | | | | |
| (a) Religious | | | NIL | | | | |
| (b) Educational | | | 22,34,337 | | | | |
| (c) Medical Relief | | | 3,89,61,452 | | | | |
| (d) Relief of poverty | | | 1,02,56,365 | | | | |
| (e) Other Charitable Objects | | | 45,30,201 | | | | |
| | | | 5,59,82,355 | | | | |
| To Surplus (carried over to Balance Sheet) | | | 24,81,078 | | | | |
| Total Rs. | | | 6,65,54,092 | Total Rs. | | | 6,65,54,092 |

Dr. Sheilu Sreenivasan

For Dignity Foundation

G. Srinivasan

As per our report of even date.

For B.D. Jokhakar & Co.

Chartered Accountants

FRN 104345W

Raman H. Jokhakar

Date: 25th September, 2024
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakil
Trustee

Raman H. Jokhakar
Partner, Mem. No. 103241



DIGNITY FOUNDATION

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2024

A. OVERVIEW OF THE TRUST

DIGNITY FOUNDATION is a society registered under the Society Registration Act 1860 and as a Public Charitable Trust under Maharashtra Public Trust Act, 1950. It was formed on 23rd December, 1997 and holds the following registrations

- The Society Registration Act, 1860
- Maharashtra Public Trust Act vide Registration Number F-19856 (Mumbai)
- Section 12A & 80G of the Income Tax Act 1961
- Foreign contribution regulation Act (FCRA) under the Ministry of Home Affairs
- CSR-1 under Ministry of Corporate Affairs

The principal activity of the Trust is to work for elderly care, offering them an enriching set of opportunities. To deal with the elderly's psycho-social Challenges and help them to tackle their loneliness and insecurities, thereby bringing joy back to their lives.

B. SIGNIFICANT ACCOUNTING POLICIES

1. Method of Accounting

The trust follows the cash system of accounting, except as otherwise stated. This is a change from the Accounting Policy followed in the previous year. This will not result in any material change in the financial results or assets/liabilities considering the size of the Trust.

2. Income and Expenditure

To match the income from Interest with Form 26AS, it is accounted on accrual basis, as applicable. Interest amounting to Rs. 16,236 is booked as accrued interest.

3. Fixed Assets

Fixed assets are carried at cost of acquisition less depreciation. Cost includes freight, duties, taxes & expenses incidental and installation.

4. Depreciation

Depreciation on Fixed Assets is provided only on the date from which the asset is put to use. Depreciation is provided on written down value method at the rates specified under the Income Tax Act, 1961.

5. Provision for Taxation

The trust is registered u/s 12A of Income Tax Act, 1961 and entitled to claim exemption from tax u/s 11 of this Act and hence no provision for taxation is made in accounts.

C. NOTES TO ACCOUNT

1. As clarified by The Institute of Chartered Accountants of India, New Delhi, accounting standards do not apply to the trust as no part of the activity of such entity is commercial, industrial or business in nature. However, for better presentation, the trust has been disclosing significant accounting policies.



2. The Trust is registered u/s 12A vide Unique Registration Number AAATD1358AE20166 dated 24.09.2021 of Income Tax Act, 1961 and is therefore entitled to claim exemption from tax u/s 11 of the act.
3. The Trust has received donations from several other trusts / entities with specific directions for use and therefore such donations are reported in Balance Sheet as Earmarked Funds / Capital receipts until they are utilized. Upon utilization, proportionate amount is transferred to Income & Expenditure as Donations.
4. Donation received in kind are stated at nominal value.
5. Donations received with specific direction or for specific use form part of earmarked funds. They are classified as such and credited directly to earmarked funds in the balance sheet.
6. Donations received with specific directions that they shall form part of the corpus fund of the foundation have been accounted accordingly.
7. Income from Investment is recognized on accrual basis based on time proportion taking into account the amount deployed and applicable interest rates.
8. The trust publishes a Magazine for which it collects advance subscription fees ranging from 1 year to 5 years from the subscribers. Only fees pertaining to current year is recognized as income and balance amount is reported as liability.
9. Balances of Sundry Debtors and Creditors are subject to confirmation, reconciliation, and adjustments, if any.
10. Amount of Rs. 38.10 Lakhs is shown as Duties & Taxes payable under the head provisions towards Contribution payable to Charity Commissioner for Public Trust Administration Fund. Considering the judgment of the Hon. Bombay High Court in case of Bhagyavardhak Jain Shwetambar Murtipujak Trust vs. Charity Commissioner, Maharashtra (CA no. 1 of 2009 and PIL no. 40, 1780, and 1860 of 2007, Order date 25.09.2009) wherein the Hon. Court has stayed the recovery of the Contributions from Public Charitable Trust until further judgment, the trust has not deposited the contribution with Charity Commissioner Office. However, since the liability was recognized in previous years prior to the delivery of judgment, the same is continued to be shown as liability until further court orders.





WAYS TO DONATE

Join hands with us to create a better world for senior citizens:



BECOME A DONOR

Any amount of donation made to Dignity Foundation is valuable to enrich the lives of needy elderly members. Donations to Dignity Foundation are 50% tax exempt under Sec. 80G of the IT Act. We are also eligible to accept foreign donations under FCRA Regulations. Donations can be made online at www.dignityfoundation.com/donate or through crowdfunding platforms.



BECOME A MEMBER

Join or refer a friend/family member to our productive ageing programmes like Chai Masti Centres and Dignity Dialogue monthly magazine. You can also gift a magazine subscription or a chai masti centre membership to your parents, grandparents or loved ones on their special occasions like birthday or wedding anniversary, etc.



BECOME A VOLUNTEER

Volunteer with Dignity Foundation to help seniors combat loneliness. Share your knowledge and skills with them for capacity building or to start a crowdfunding campaign for our existing programmes. Email us your profile at responsedignity@dignityfoundation.com



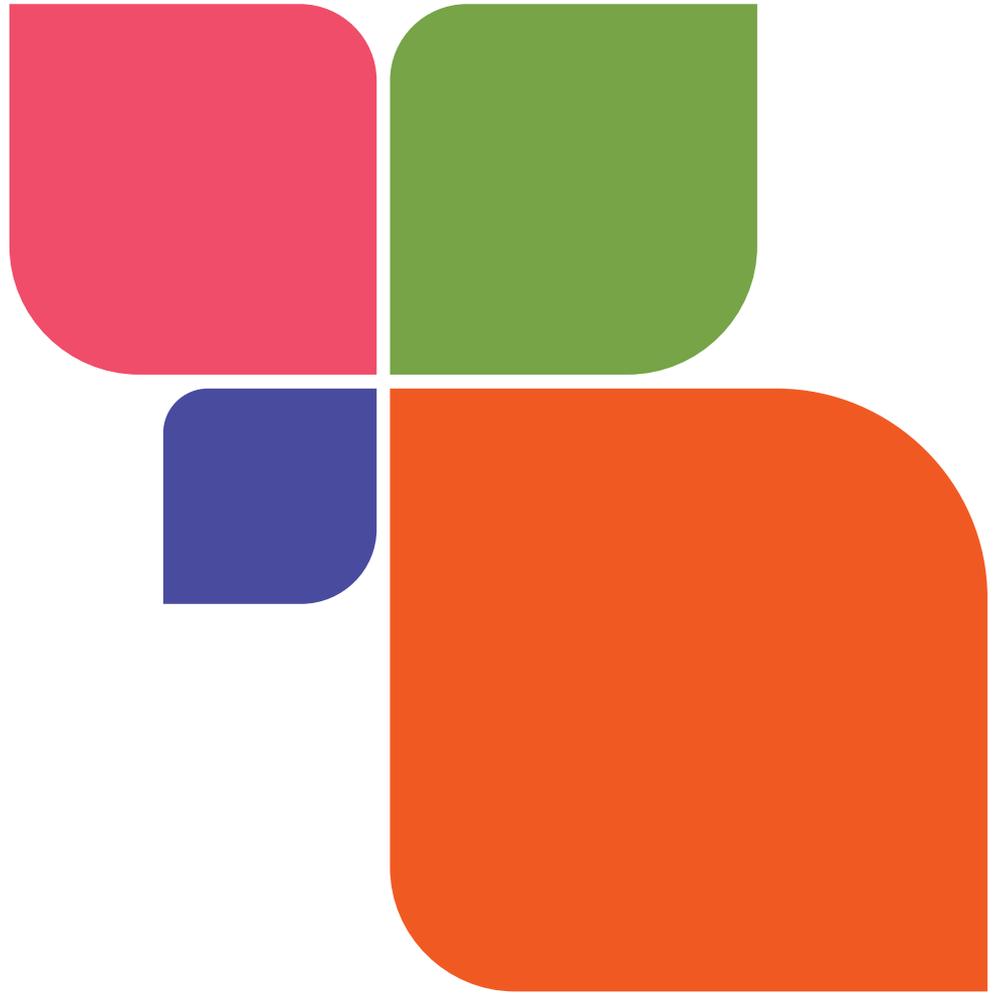
BECOME AN AMBASSADOR FOR DEMENTIA

Join Dignity Foundation and its dedicated Dementia arm - Alliance for Dementia Care (ADC) to create and participate in programmes for dementia awareness, advocacy and care.



CELEBRATE SPECIAL OCCASIONS WITH ANAND DAAN

Get blessings of senior citizens on your special occasion by pledging dry ration support to poor elderly grandpas and grandmas living in slum pockets across India. Each ration kit is sufficient for an entire month for up to 2 seniors in a family.



Dignity Foundation

B-206, 2nd Floor, Byculla Service Industries Premises,
Dadoji Konddev Marg, Byculla (E), Mumbai - 400 027

Email: responsedignity@dignityfoundation.com

Phone: +91 91520 17120 / +22 6138 1100