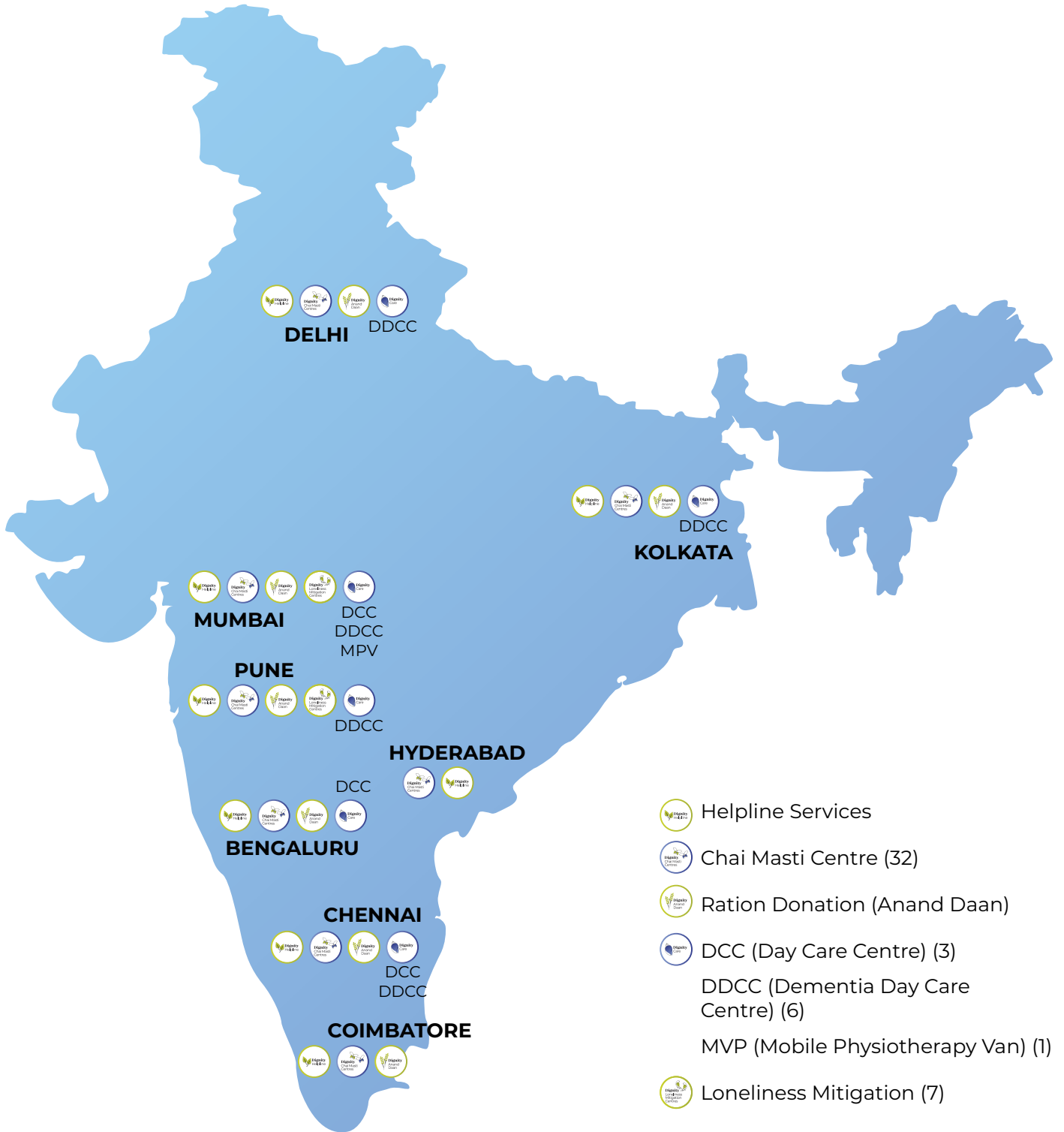




PROGRAMME OUTREACH



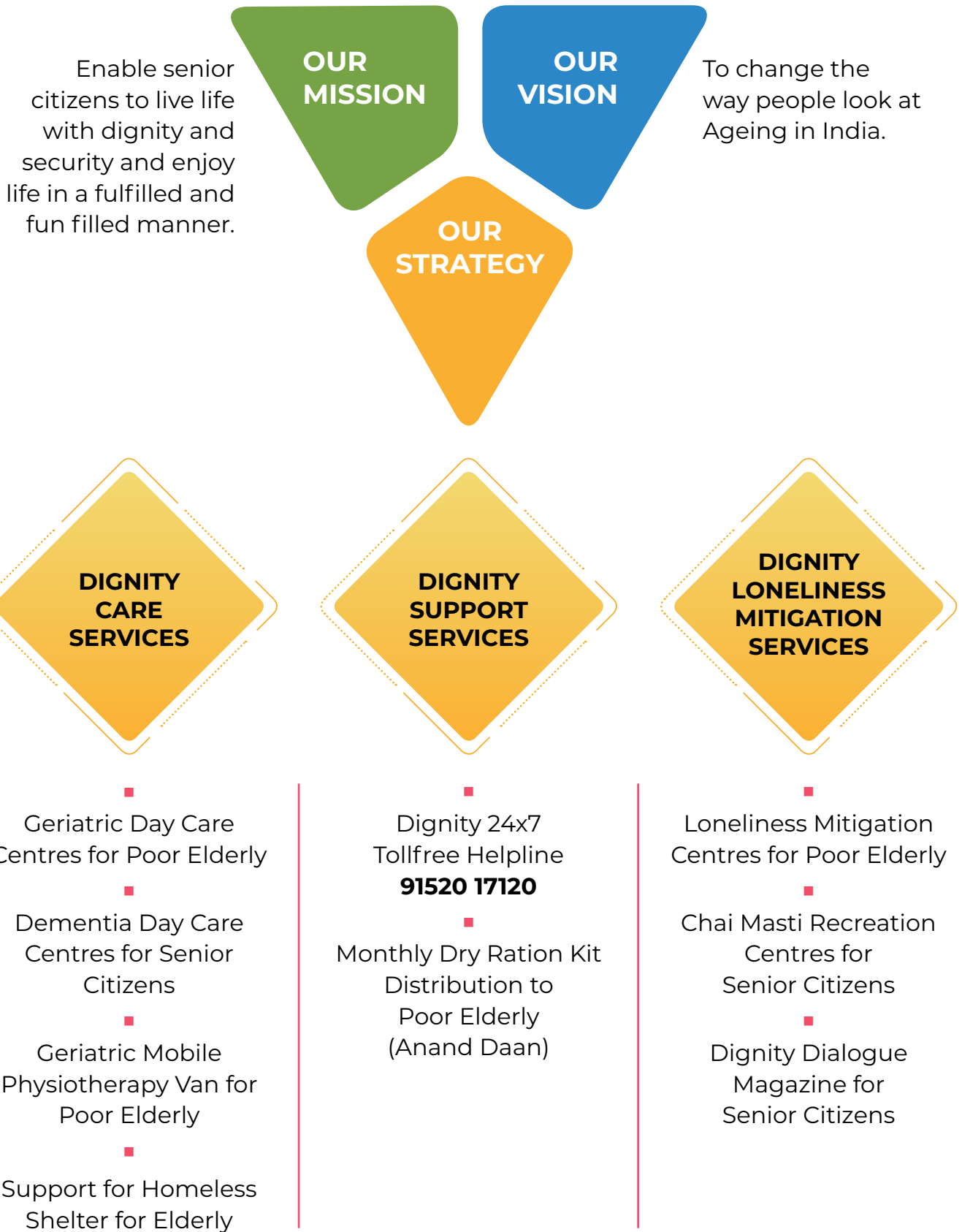
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CONTENT

■ ABOUT US	04
■ TRUSTEES, TEAM MEMBERS	06
■ TRUSTEE'S MESSAGE	08
■ IMPACT	09
■ DIGNITY FREEDOM FIESTA	10
■ PROGRAMMES	
• DIGNITY CARE	
– GERIATRIC DAY CARE CENTRES	11
– MOBILE PHYSIOTHERAPY SERVICES PROGRAMME	21
– SHELTER HOME PROGRAMME	24
– DEMENTIA DAY CARE CENTRES	28
• LONELINESS MITIGATION CENTRES	35
• DIGNITY HELPLINE	37
• DIGNITY ANAND DAAN	39
• DIGNITY CHAI MASTI CENTRES	41
• DIGNITY DIALOGUE MAGAZINE	61
■ SPOTLIGHT	62
■ OUR SUPPORTERS	63
■ FINANCIALS	69
■ WAYS TO DONATE	77
■ DIGNITY LIFESTYLE REPORT	79

ABOUT US





Dignity Foundation is one of India's leading non-profit organizations dedicated to promoting active and dignified ageing. Founded in 1995, the Foundation has been working for nearly three decades to address the social, emotional, and healthcare needs of senior citizens across India.

With India's ageing population growing rapidly, many older adults face challenges such as loneliness, declining health, lack of mobility, and limited access to support systems. Dignity Foundation works to bridge these gaps through community-based programs that empower seniors to lead independent, engaged, and fulfilling lives.

The Foundation operates a range of initiatives including senior citizen engagement centres, dementia day care services, health and wellness programs, elder helplines, and community outreach services. These programs provide

opportunities for seniors to remain socially active, access essential healthcare support, and receive guidance in navigating challenges associated with ageing.

Dignity Foundation places strong emphasis on building collaborative partnerships with corporates, institutions, and volunteers to expand its reach and strengthen support systems for elderly communities. Through CSR collaborations, the organization has been able to extend services to underserved populations and develop innovative programs that address emerging needs in elder care.

Guided by the belief that every individual deserves to age with dignity, respect, and security, Dignity Foundation continues to work towards building an inclusive society where senior citizens are valued, supported, and empowered.

BOARD OF TRUSTEES



DR. SHEILU SREENIVASAN



MR. GOPAL SRINIVASAN



MR. PRANAY VAKIL



MRS. SWETA VAKIL



MS. LULU RAGHAVAN



MR. ANAND DALAL



MR. ATUL BANSAL

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Founder President



MS. FELISTA JOSE
Vice President



MS. VAIBHAVI PARMAR
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Ration Programme



MR. AKSHAY MORE
Manager- Mumbai Day Care
Centre



MR. PRADEEP RATHOD
Manager- Chai Masti Centre



MS. SUBARNA DAS
Manager- Helpline



MR. VIRENDRA MAISAR
Manager – Physiotherapy
Vans



MR. HARRIS PAUL SAMUEL S
Manager- Shelter Home

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TRUSTEE'S MESSAGE

As I reflect on the journey of Dignity Foundation, I feel a deep sense of pride and gratitude for how far this movement has come. What began as a commitment to bring attention to the needs and dignity of senior citizens has today grown into a collective effort involving dedicated staff, volunteers, supporters, and partners who believe in the cause of dignified ageing.

India is experiencing a significant demographic shift, with the population of senior citizens steadily increasing. While longer life expectancy is a sign of progress, it also presents new social challenges. Many older adults today face issues such as loneliness, declining health, lack of social engagement, and limited support systems. Addressing these realities requires not only services but also a change in the way society views ageing.

At Dignity Foundation, we have always believed that ageing should be a stage of life filled with respect, opportunity, and meaningful engagement. Our programmes—from community centres and outreach initiatives to dementia care support and awareness activities—are designed to ensure that senior citizens remain active participants in society rather than silent observers.

Over the years, the voices and experiences of senior citizens have shaped our work. Listening to these voices has helped us understand their needs more deeply and develop services that truly make a difference in their lives. Every initiative we undertake is guided by a simple belief: that every individual deserves to age with dignity, security, and a sense of belonging.

None of this would be possible without the unwavering support of our partners, donors,



Dr. Sheilu Sreenivasan
Founder President

volunteers, and well-wishers who share our vision. Their encouragement strengthens our resolve to continue expanding our reach and creating innovative solutions for the challenges faced by the elderly.

As we move forward, our mission remains clear—to build a society where senior citizens are valued, respected, and supported in every stage of life. I extend my heartfelt appreciation to everyone who has stood with Dignity Foundation on this meaningful journey and invite many more to join us in strengthening this movement for dignity in ageing.

29,540

Mid-day meals served to Poor senior citizens

21,000+

Total no. of elders enrolled in Chai Masti Centres

8250+

Total no. of poor elders receiving doorstep Physiotherapy services

5000+

Ration Kits distributed to Poor senior citizens

2650+

Helpline calls received

240+

Poor elders enrolled in Day Care Centres

525+

Total no. of poor elders linked to Govt. Schemes

420+

Poor elders enrolled in Loneliness Mitigation Centres

100

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

DIGNITY FREEDOM FIESTA

Freedom Fiesta 2024 was organised by the Kolkata Chapter. This year it was special for Kolkata given that it was its silver jubilee year. Everyone was excited and enthusiastic to make this event successful. Numerous meetings, discussions, research and planning kept us all busy for the last one year. But there was a sorrowful setback for Kolkata Chapter with the passing away of Raghu Nandan Mody, who was the centre's mentor, well-wisher, and guide. We are ever grateful for his valuable advice and help.

The void created by Shri Modi's demise can never be filled up. Dignity Foundation Kolkata Chapter dedicated Freedom Fiesta 2024 to the memory of respected Raghu Mody. It was decided that Freedom Fiesta 2024 would be held at Punyalakshmi Resort Diamond Harbour. It has picturesque scenic beauty with the Ganges flowing beside the resort. Members from Mumbai, Chennai, Bengaluru, Pune, Delhi and Coimbatore joined the celebration. Members from all the chapters were welcomed in the traditional Bengali way with the blowing of conch shell, putting a 'chandan tika' on the forehead, honouring each one with 'uttariya', and presenting a token gift with a touch of Bengal.

The presence of Dr Sheilu Sreenivasan, Shri Pranay Vakil and Mrs Sweta Vakil further illuminated the occasion. Independence Day was celebrated with hoisting of the flag by Dignity Foundation's Founder President Dr Sheilu Sreenivasan. All the members present there sang the national anthem and patriotic songs. A group of NCC cadets paraded with their bands. Every chapter that participated in the event came up with wonderful performances of short plays, songs, dances and skits. Kolkata Chapter also performed very well and earned the appreciation of the audience.

The voice over by renowned actor Sri Barun Chanda made the programmes all the more attractive and exciting. The evenings were also very entertaining. On August 14, members from different chapters sang lovely songs while others danced during the open stage event. The other attractions were Housie and a quiz session. The pool-side party on August 15 was an instant hit with all. Members danced blissfully to their hearts' content, enjoying the evening very much. Finally, the grand programme ended on August 16 after breakfast. Members started leaving for their respective destinations.



Geriatric Day Care Centres

Mullima Nagar Day Care Centre, Chennai

The Mullima Nagar Day Care Centre, established in 2020, serves underprivileged senior citizens in the Foreshore Estate area. The centre began with 25 members and has grown to 227 enrolled members, of whom nearly 75 attend regularly, while others receive home-based care. The centre operates from 10:00 am to 3:30 pm and provides comprehensive services including nutritious meals, healthcare support, and counselling.



It also provides social entitlement facilitation, home visits, cognitive stimulation therapy, literacy training, vocational activities, recreation, and cultural programmes. Regular activities include prayer, meditation, newspaper reading, yoga, fitness, group games, vocational training, and life skills development. Special days, festivals, and birthdays are celebrated to promote emotional wellbeing and social bonding.



Healthcare and Welfare Services

During the year, 11 specialised medical camps were conducted in collaboration with reputed institutions. These included pain management, thyroid screening, dental care, physiotherapy, eye screening, acupuncture, and dermatology camps. More than 500 seniors benefited through consultations, treatment, medication, and follow-up support. These camps helped in early diagnosis, pain relief, mobility improvement, vision correction, and enhanced health awareness among the members.

Monthly hospital visits to Sree Balaji Hospital ensured regular access to medical services. Members received general and specialised consultations in ophthalmology, orthopaedics, dermatology, ENT, and internal medicine. B12 injections, medicines, and essential supplies were regularly provided. These visits significantly improved physical health and provided emotional reassurance.



Essential Support and Assistance to Members

Every month, the centre distributed adult diapers, medicines, walking sticks, and walkers to regular and bedridden members. This support improved mobility, hygiene, and dignity among seniors with special needs.

Daily Nutrition and Wellness Support

This programme ensures food security, supports chronic disease management, reduces isolation, and allows staff to monitor members' health and emotional status. The centre provides daily nutritional support through:

- Nutritious morning refreshments.
- Nutritious mid-day meals.
- Evening tea and biscuits.

Skill Development and Social Empowerment

Self-Help Groups (SHGs)

Members actively participate in SHGs, promoting savings, internal loans, and financial independence. Two active groups—Kurinji and Roja—have generated significant savings and income, helping members manage emergencies and family responsibilities. SHGs have strengthened confidence, dignity, and economic security.



Group Name	Kurinji	Roja
Members	10	9
Savings	84,000	79,200
Subscription	11,000	11,500
Interest	20,070	21,840
Bank Interest	21,840	2,662
RF	10,000	10,000
Grand Total	1,27,532	1,25,202

Livelihood Activities

Skill-based training programmes were conducted, including:

- Crochet training – 20 members participated (October 2024).
- Basket weaving – 30 members participated (February 2024).

These initiatives encouraged creativity and income generation, contributing to SHG sustainability.



Social Entitlement Support

Category	Details
Old Age Pension (OAP)	15 seniors supported with application assistance
Widow Pension	13 women assisted in accessing the scheme
Common Challenges	<ul style="list-style-type: none"> • Rejection due to sons' names on ration cards • Biometric (thumb) issues • Dependency on children for ration shop visits



Recreation, Culture and Celebrations

Regular recreational activities such as pallanguzhi, carrom, dice games, group games, and memory exercises promoted mental alertness and social interaction. Art and craft sessions encouraged creativity, fine motor skills, relaxation, and emotional expression. A one-day trip to Kalaignar Memorial Museum and Dr MGR and J Jayalithaa Memorial in September 2024 provided cultural exposure and emotional enrichment. The centre celebrated major events including, birthdays, Pongal, Republic Day, Valentine's Day, Independence Day, Onam, Christmas, Red Colour Day, and Reflect and Share Day. These celebrations strengthened belonging, self-worth, and cultural identity.

Literacy, Training and Community Outreach

Daily reading and writing practice improved communication skills and confidence. National Reading Day was observed to promote lifelong learning.

Volunteer Training Programme

Under the 'Garima Shakee – Garima Mithran' initiative, three training programmes were conducted for volunteers and SHG members. These sessions enhanced understanding of elderly care, emotional support, and community service.

Community Sensitisation and Awareness

The centre conducted various awareness programmes on elderly rights, mental health and nutrition, hygiene and disease prevention, legal awareness, abuse prevention, diabetes and food safety, and cancer awareness. Street plays, interactive sessions, and expert talks encouraged community responsibility toward senior citizens.

Home and Community Visits

Regular home and community visits were conducted to support bedridden and absent members. These visits strengthened family relationships, reduced loneliness, and improved service outreach.



Impact and Future Plans

- Reduced loneliness and depression.
- Increased happiness and confidence.
- Improved social bonding.
- Better mobility and pain management.
- Early detection of health issues.
- Improved disease management.
- Enhanced self-esteem and participation.
- Increased learning and creativity.
- Stronger community integration.

Success Story

Mrs. Desammal

Mrs. Desammal, aged 67, is one of the regular and active members of the day care centre. Before joining the centre, she experienced several health-related issues, including persistent leg pain and general weakness, which affected her daily activities and overall wellbeing. After becoming a part of the centre, she began participating regularly in our fitness sessions, yoga classes, and periodic health check-ups. Over time, she noticed a remarkable improvement in her health condition. Her leg pain has significantly reduced, and she now feels more energetic and active in her daily life.

She often shares with others how much happier and healthier she feels after joining the centre. Apart from health benefits, Mrs. Desammal is also actively involved in self-help group (SHG) activities. She generates income by preparing and selling homemade chilli powder. With the savings she earns from this small business, she meaningfully contributes to her family by supporting her daughter's children's education. Her story is a true reflection of how the day care centre has positively impacted not only her health but also her social and economic wellbeing, making her an inspiration for other members in the community.



Jogeshwari Day Care Centre, Mumbai

The Jogeshwari Day Care Centre serves as a community-based support hub for senior citizens, providing holistic care that promotes physical health, emotional wellbeing, social participation, and dignity. The centre primarily supports seniors who live alone or face social isolation, come from low-income backgrounds, and lack consistent family support. Through structured programmes and dedicated staff, the centre continues to create a safe and empowering environment for ageing with dignity.

The beneficiary profile and reach is as follows:

- Total registered members: **120**
- Average daily attendance: **75 seniors**
- Age group: **60+ years**
- Gender distribution: **Male – 90, Female – 30**
- Over the reporting period, more than **900** individual seniors were engaged through regular and outreach activities.

The centre conducts daily yoga and exercise sessions conducted by certified instructors with an average participation of 70+ seniors per day. The focus is on joint health, balance, diabetes care, and stress management. The impact is improved flexibility and posture, reduced joint pain and fatigue, and better sleep and energy levels. A Zumba fitness programme is conducted twice weekly with average participation of 40+ seniors per session. The focus is on cardio health and emotional wellness. The impact is improved stamina and confidence, enhanced mood, and social bonding.

Monthly health check-up camps are conducted in partnership with Piramal Swasthya, benefitting 75–80 seniors per month. The annual coverage is 800+ check-ups. The services include BP, diabetes and thyroid screening, medical consultations, and free medicine distribution. The impact is early detection of chronic conditions, improved treatment adherence, and reduced emergency hospital visits. Physiotherapy support includes two sessions conducted monthly, benefitting 40+ seniors per month. The focus is on pain management and

mobility. The impact is improved daily functioning, and reduced knee, shoulder, and back pain.

The nutrition and social protection sessions include about 50 mid-day meals served daily. This operates for 22 days a month. Annually, the centre serves 11,000+ plates. The impact is improved nutritional intake, enhanced social interaction, and reduced food insecurity. The centre distributes 25 ration kits per month that provides food security for vulnerable seniors and reduces dependency on external aid. The centre also engages the members for mental stimulation with indoor games and recreation. The average participation is 50+ seniors. The impact is improved memory and focus and reduced loneliness.

Newspaper reading and discussion sessions are conducted daily with the participation of 60+ seniors. The impact is enhanced awareness and confidence and social dialogue. The centre also hosts weekly movie screenings, and regular arts and crafts sessions with the participation of 40–50 seniors per session. The impact is reduced stress and anxiety and increased self-expression. The centre also supported members in securing essential documents and welfare benefits:

- Aadhaar updates: **120 members**
- PAN cards: **120 members**
- Senior citizen cards: **120 members**
- Voter ID (PVC): **120 members**
- Ayushman Bharat and ABHA IDs: **120 members**
- Government pensions: **60+ beneficiaries**

The impact is improved financial and legal security and increased access to healthcare and welfare schemes. The centre also involves members in festivals and celebrations such as Christmas, Navratri, Dahi Handi, Raksha Bandhan, and Ganapati. The average participation is 70+ seniors per event. The impact is strengthened emotional bonding, reduced social isolation and reinforced cultural identity.

Key contributions through CSR and in-kind support during the year included:

- Reliance Foundation: **80 blankets, 300 grocery packets**
- Chingari Shakti Foundation: **210 comfort items**
- HDFC Ergo: **Festival ration kits**
- United Way Mumbai: **Hygiene kits**
- Rotary Club: **Sponsored meals**
- Finserv: **First-aid, hygiene kits, diapers, games**

These benefitted 500+ seniors and the measurable impact was:

- **120** seniors supported regularly
- **11,000+** meals served
- **800+** medical check-ups
- **250+** ration kits distributed
- **60+** seniors supported with pensions
- **95%** member retention rate

The outcomes were reduced loneliness and depression, improved physical mobility, increased social participation, and strong peer support networks.



Vijaya Nagar Day Care Centre, Bengaluru

The Vijaya Nagar Day Care Centre continues to provide comprehensive care, support, and engagement for senior citizen beneficiaries requiring daytime supervision and assistance. During the period April 2024 to March 2025, the centre focused on improving the quality of care, enhancing recreational and wellness activities, and supporting families by providing safe, secure, and structured daytime services for senior citizens.

The services provided included:

- Daytime care, supervision, and a safe, elder-friendly environment for senior citizen beneficiaries.
- Provision of nutritious meals and daily refreshments.
- Basic health monitoring, including BP, sugar level checks, and periodic medical check-ups.
- Recreational, cultural, and social engagement activities to promote active ageing.
- Emotional support, counselling, and mental wellness activities to reduce loneliness and stress.
- Assistance with personal care for senior citizens requiring additional support.
- Health awareness and safety awareness programmes for senior citizens.
- Support through medical camps, medicine distribution, and referrals for specialised healthcare services.

The activities conducted for senior citizens included:

- Morning prayer, group interaction, and sharing sessions conducted regularly to promote emotional wellbeing and social bonding.
- Indoor games, music, and recreational activities organised to enhance social interaction and reduce isolation among senior citizens.



- Light physical exercises and wellness activities conducted to support overall health and mobility.
- Nutritious meals and refreshments provided daily to senior citizen members.
- Basic health monitoring such as BP and sugar level checks conducted whenever required.
- Memory games, storytelling sessions, and engagement activities conducted to support cognitive health and mental wellbeing.
- Counselling and emotional support provided to senior citizens whenever needed.
- Personal care and assistance provided to senior citizens requiring additional support.

Health and Medical Support for Senior Citizens

- Regular monthly health check-ups conducted by doctors from government hospitals and PHCs, including BP, sugar, and haemoglobin tests.
- Eye check-up camps organised in collaboration with eye hospitals – cataract cases identified and referred for surgery, and spectacles advised and distributed to senior citizens.
- Medicine distribution support provided to senior citizen beneficiaries as per medical advice.
- Health awareness sessions conducted on mental



health, AIDS awareness, and general health care for senior citizens.

- Counselling and guidance provided on nutrition, personal hygiene, lifestyle management, and proper use of medications.
- Medical camps supported early detection of health issues and ensured continuous health monitoring of senior citizen members.

Special Events Celebrated for Senior Citizens

- Religious and spiritual celebrations organised, including temple visits, Saraswati Pooja, Ayudha Pooja, Deepotsava, and Hanuman Jayanthi, to promote spiritual wellbeing and community bonding.
- Festival celebrations such as Deepavali, Christmas, Karnataka Rajyotsava, and St. Mary's Feast celebrated with the active participation of senior citizens.
- Cultural and entertainment programmes, including music concerts, inter-organisational fests, and participation of senior citizens in competitions.
- Awareness and educational programmes such as digital literacy workshops, safety awareness sessions by the police, human rights day activities, and mental wellbeing programmes.
- Community engagement events conducted, including Children's Day celebrations, cooking competitions and workshops, and birthday celebrations of senior citizen members.

Beneficiary Impact for Senior Citizens

- Improved physical health of senior citizens through regular health check-ups, eye camps, and medicine support.
- Enhanced mental wellbeing through counselling sessions, awareness programmes, and regular social interaction activities.
- Increased social participation and confidence among senior citizens through cultural events, celebrations, and group activities.
- Strengthened spiritual wellbeing through temple visits and religious and spiritual celebrations.
- Improved digital awareness and safety knowledge among senior citizens through workshops and awareness sessions.
- Provided emotional support and helped reduce loneliness through daily engagement, peer support, and community bonding.

Future Plans

- Expand the number of beneficiaries and broaden day care services to reach more senior citizens.
- Strengthen regular health services, including monthly health check-ups, health camps, eye camps, and medical consultations.
- Introduce additional wellness programmes such as physiotherapy sessions, mental health support, and fitness activities for active ageing.
- Upgrade infrastructure, seating arrangements, and assistive facilities to enhance member comfort and accessibility.
- Conduct more awareness programmes on health, safety, and digital literacy tailored for senior citizens.
- Build stronger partnerships with hospitals, NGOs, and community organisations to enhance service delivery.
- Improve nutrition support and ensure high-quality daily meals for members.
- Organise more recreational, cultural, and community engagement activities to promote social participation.
- Provide community-based services for senior citizens unable to visit the centre due to health constraints, with support from physiotherapists and caregivers.



Success Story

Mrs Bhagyamma: Gaining Social Confidence

Mrs. Bhagyamma, aged 70, had been living a quiet and isolated life after her children moved to different cities. She was hesitant to interact with others and often felt lonely, spending most of her days at home. She joined the day care centre in August 2024. Initially shy and reluctant to participate in group activities, she slowly began attending morning prayers, group discussions, and recreational sessions. With encouragement from staff and peers, she started taking part in indoor games, cultural events, and festival celebrations.

Over time, her confidence grew significantly. She began initiating conversations, sharing her experiences, and actively participating in social and cultural programmes. Her improved social engagement not only brought joy to her life but also strengthened her sense of belonging within the centre. "The day care centre has given me the courage to meet new people and enjoy life again. I feel happy and confident every day," she said.

Mrs. Venkatamma Narasimha Murthy: Journey to Better Health

Mrs. Venkatamma Narasimha Murthy, aged 74, had been facing multiple health challenges, including high blood pressure, joint pain, and declining mobility. Her family was concerned about her ability to manage daily activities and maintain a healthy lifestyle. She joined the day care centre in September 2024. Through regular health check-ups, physiotherapy sessions, and daily wellness activities, her overall health began to improve. She participated in light physical exercises, yoga, and recreational activities, which strengthened her mobility and reduced joint pain.

Monthly medical camps and timely medicine support helped in better management of her blood pressure and overall wellbeing. In addition, nutritious meals, health awareness sessions, and counselling provided her with knowledge about diet, medication, and lifestyle management. Over a few months, Mrs. Venkatamma experienced remarkable improvement in her physical health, energy levels, and independence in daily activities. "I feel healthier, stronger, and more energetic than I have in years. The centre has truly changed my life," she said.

Mr. Ramakrishnappa: Digital Empowerment and Independence

Mr. Ramakrishnappa, aged 69, had always relied on his children and relatives for digital tasks such as online banking, video calls with family, and accessing government services. He often felt left behind in today's digital world and was hesitant to learn new technologies. He joined the day care centre in October 2024 and participated in the centre's digital literacy workshops designed for senior citizens. With patient guidance from staff and hands-on practice sessions, Ramakrishnappa gradually learned to use smartphones, video calling apps, and basic online services.

He also gained confidence in understanding safety measures, password protection, and online transactions. Over time, he became independent in managing digital tasks, staying connected with distant family members, and accessing essential services online. His newfound skills not only empowered him but also boosted his self-confidence and social participation. "I never imagined I could use a smartphone confidently. Now I can talk to my children, pay bills, and access services on my own. I feel independent and capable," he said.

Mobile Physiotherapy Services Programme

Mumbai

Over the period, the physiotherapy services programme has played a vital role in enhancing mobility, independence, and quality of life among senior citizens in Thane and Mulund. Through a strong commitment to community-based and door-to-door care, the programme ensured uninterrupted access to rehabilitation services, even under challenging operational conditions. Despite a temporary service pause for maintenance and difficult seasonal weather, the programme maintained consistent outreach and service delivery, reflecting the dedication and professionalism of the physiotherapy team.



The overall coverage included:

- Total physiotherapy sessions delivered: **3,355**
- Average sessions per month: **197**
- Average sessions per day: **6-7**
- Male beneficiaries: **1,847 sessions (55%)**
- Female beneficiaries: **1,508 sessions (45%)**

The geographical coverage was as follows:

Thane Region (55% of sessions – 1,831):

- Vartak Nagar, Charai, Rabodi
- Kolshet, Balkum, Kapurbawdi
- Majiwada, Ghodbunder Road

Mulund Region (45% of sessions – 1,524):

- Mulund East and West
- Navghar Road, JN Road, MG Road
- Vasant Oasis, Piramal Realty

This wide geographic coverage ensured equitable access to physiotherapy services for seniors across diverse communities.





The age wise distribution comprised:

- 60–69 years: **1,211 sessions (36%)**
- 70–79 years: **1,033 sessions (31%)**
- 80–89 years: **711 sessions (21%)**
- 90+ years: **400 sessions (12%)**

The programme effectively served both young-old and oldest-old populations, demonstrating its adaptability to varying levels of physical dependency. In terms of community outreach and accessibility, the programme adopted a decentralised and inclusive approach, bringing physiotherapy services directly to beneficiaries' homes and community spaces. The outreach efforts focused on reaching mobility-restricted seniors, supporting elders living alone, ensuring continuity of care in underserved areas, and promoting preventive rehabilitation. This approach significantly reduced barriers related to transportation, cost, and physical limitations.

There were certain operational challenges such as heavy monsoon flooding and waterlogging, extreme summer heat, staff health and fatigue issues, and infrastructure and parking constraints.

To overcome these challenges, the team implemented flexible and dynamic scheduling, weather-based service planning, portable therapy equipment, enhanced team support systems, and rapid field-level problem-solving. These measures ensured minimal disruption and sustained service quality.

The team performance was excellent and the key achievements included:

- Successful completion of 3,355 sessions.
- Consistent outreach in high-risk zones.
- High standards of patient-centred care.
- Strong community trust.

The capacity-building segment included:

- Total training hours: 120.
- Focus areas such as advanced physiotherapy techniques, geriatric care, patient communication, and safety protocols.

In terms of operational efficiency, the average response time was two days and the patient satisfaction rate was 95%. Clinical assessments



MOBILE PHYSIOTHERAPY SERVICES PROGRAMME



and beneficiary feedback revealed significant improvements.

The health outcomes included:

- Improved mobility: 85% of patients.
- Reduced pain levels: 80% of patients.
- Enhanced quality of life: 90% of patients.
- Increased confidence in daily activities.
- Reduced dependence on caregivers.
- Improved emotional wellbeing.
- Greater participation in community life.

These outcomes demonstrate the programme's strong contribution to healthy and independent ageing.

To further strengthen service delivery, the programme plans to:

- Expand services to new localities.
- Develop advanced weather contingency plans.
- Strengthen hospital and clinic partnerships.
- Enhance staff training programmes.
- Introduce digital monitoring and reporting systems.



Support For The Homeless Shelter For The Elderly

Chennai

Throughout 2024, Dignity Foundation’s Support for Homeless Shelters for the Elderly programme in George Town, Chennai, upheld the foundational social work principles of empowerment, participation, and holistic care. Engaging 395 shelter residents and 458 unsheltered elders across 16 streets and three major shelter sites (ICWO, Pioneer Trad, Annai Anbalaya), our interventions wove together nutritional support, geriatric healthcare, rights facilitation, psychosocial engagement, and community-led initiatives to bolster wellbeing, agency, and social inclusion.



Impact Numbers

Intervention	Details
Nutritional Support	395 residents received daily nutritional refreshments throughout the year
Aadhar Enrolment	24 residents applied; 10 received their Aadhar cards
Voter ID Registration	11 residents applied; 6 received voter ID cards
Bank Account Facilitation	12 residents successfully opened bank accounts
Old Age Pension (OAP) Support	12 residents applied; 6 received pension benefits
Chief Minister’s Health Insurance	5 residents received CM health insurance

Intervention	Details
Pradhan Mantri Health Insurance	2 residents received PM health insurance
Medicine Box Distribution	200 medicine boxes distributed to shelter residents
Reintegration and Referral Services	4 residents reintegrated with families; 3 referrals facilitated
Eyeglasses Distributed	3 residents received eye glasses
Denture Support	12 residents received dentures, improving oral health and nutrition.



SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY

Community List

Intervention	Details
Nutritional Support in Community	221 homeless elders received nutritional refreshments for 144 days
Tarpaulin Distribution	130 tarpaulins distributed to homeless elders during the rainy season
Winter Protection - Sweaters	130 homeless elders received sweaters
Vision Support - Eyeglasses	8 elders received eyeglasses
Mobility Assistance	1 walker and 1 customised shoe provided for mobility support
Pain Relief Support	500 elders received special pain relief balm
Support for Street Vendors - Umbrellas	5 umbrellas provided to homeless elders running small roadside shops
Livelihood Support	2 beneficiaries received





Impact Metrics Dashboard

Category	2023 Baseline	2024 Result	Change
Community Forums	4	7	+75%
Registered Elders	220	310	+90
Health Camp Attendances	520	890	+370
Assistive Devices (Glasses, Knee Bands, Hot Packs)	18	89	+394%
Mental Health Referrals	2	23	+1,050%
New Skills Certified (Jewellery, Origami, Crafts)	0	57	+57
Literacy Milestones (First-Time Writers)	0	29	+29
Festival and Day Events	31	68	+119%
Sponsor Shifts to Healthy Food	10	40	+30%

Wellness Waves: Health and Nutrition Integrated Camps Calendar

Month	Focus	Partners	Residents Screened	Key Treatments
February	Pain Management	Dean Foundation	85	Massage, acupressure
April	Kidney Disease	Tanker Foundation	60	Diet counselling
May	Dental Follow-Up	Aathi Para Sakthi	12	Denture
June	Audiograms	THANC	48	10 earmarked for aids
October	Kidney Re-Screen	Tanker	110	BP, sugar, BMI checks
November	Skin Health	Mother Teresa Trust	52	Topical medicines, hygiene tips
December	Mental Health	SCARF	22	Depression therapy

Nutrition Nudges

- Vegetable Carving and Salad Day launched 'Eat the Art' sessions—creative plating to spark appetite.
- Brownie and Sandwich Days targeted manual dexterity (decorating, spreading) while highlighting portion control.

- Apple Day concluded with daily fruit targets posted at meal counters.

Major Achievements

- Increased from four to seven forums, covering Ratan, Narayannappa, Pedraiyar, Davidson, Stinger, Mu Ka Nalla Muthu Street, and more.

SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY



- Introduced democratic naming, deepening member ownership.
- Furthered forums as trusted spaces for advocacy, inclusion, and support.

- Regularly served and engaged 100+ elderly residents across Pioneer, ICWO, and Annai Anbalaya shelters.
- Hosted rich, varied events from sport and art to health camps, skill-sharing, and cognitive therapies.
- Over a dozen health camps: kidney, skin, dental, ECG, eye, ENT, audiogram, pain management, mental health.
- Screened hundreds for chronic and age-related conditions. Addressed urgent needs (dentures, eyeglasses, hearing aids, medicines).
- Partnered with SCARF, Dean Foundation, Metha Hospital, THANC, Tanker Foundation, Aathi Para Sakthi College, and more.
- Robust rain and flood outreach ensured safety, distributed food, coordinated shelter access, and provided emergency numbers.
- Pioneered mental health awareness and screening for marginalised seniors, identifying and supporting depression, psychosis and dementia.
- Enhanced psycho-social support, increased literacy, celebrated talents, and reduced stigma.
- Celebrated all major festivals such as Pongal, Onam, Christmas, Holi, Women's Day, Men's Day, Friendship Day, Teacher's Day, etc.
- Launched innovative days, including Talent, Jump, Emoji, Joke, Water Balloon, Princess, Origami, etc. to foster joy and self-expression.
- Facilitated jewellery-making, flower art, handcrafts, and practical nutrition activities.
- Supported petty shop enterprises for entrepreneurial beneficiaries.
- Awareness and screening (with SCARF): psycho-education, de-stigmatisation, group and individual counselling.
- Proactive diagnosis and referral for depression, dementia, psychosis, and addiction – identified 14 depressed, six psychotic, three dementia, and multi-morbid cases.

Dementia Day Care Centres

Overview

- Operational in six cities.
- 62 active members.
- 264 structured care days per centre.
- Daily cognitive and social stimulation.
- Weekly yoga and pranic healing.
- Daily cognitive stimulation therapy.
- Monthly festival-based psychosocial engagement.
- Volunteers engagement.
- Community awareness programmes.



Chennai

The Chennai Dementia Day Care Centre (DDC) continues to provide compassionate, structured, and person-centred care to 51 elders living with dementia. Guided by a rights-based and holistic approach, the centre focuses on enhancing the quality of life, preserving functional independence, and reducing caregiver burden. With the support of trained geriatric aides, social workers, physiotherapists, and volunteers, the DDC functions as a therapeutic community that promotes dignity, emotional wellbeing, social inclusion, and cognitive engagement.

The centre has a structured daily engagement programme that includes:

- Morning orientation with prayer, breathing exercises, and chair stretches.
- Cognitive stimulation, reminiscence therapy, and fine motor activities.
- Balanced nutrition with soft-textured, high-fibre meals.
- Support for activities of daily living (ADLs) such as eating, grooming, and toileting. These routines help regulate mood, improve mobility, and reinforce self-esteem.



During the year, the centre also offered specialised non-pharmacological therapies that included:

- Weekly physiotherapy sessions for developing mobility and muscle strength while leading to fall prevention.
- Gardening activities for sensory and emotional regulation as part of horticulture therapy.
- Cognitive games such as Bingo, puzzles, carrom, and memory joggers adapted to individual abilities. These therapies enhance focus, reduce agitation, and encourage social interaction.

The centre also conducted meaningful engagement programmes. Cultural and festive celebrations are integrated as therapeutic tools to promote memory recall, emotional expression, and social bonding. Key observances included World Music Day, International Yoga Day, Diwali, Christmas, Pongal, Navaratri, Raksha Bandhan, and National Birds Day. Activities such as music therapy, devotional singing, art-based interventions, and storytelling enabled members to reconnect with past experiences and roles, reinforcing identity and belonging. These celebrations functioned as psychosocial interventions that strengthened emotional resilience and group cohesion.

Members also engaged in therapeutic outings and experiential learning. Carefully curated outings were conducted as part of experience-based therapy to stimulate the senses and promote narrative recall. The outcome was that these excursions reduced monotony, improved mood, enhanced cognitive engagement, and restored a sense of agency among members. Major outings included:

- A visit to the Rail Museum to encourage tactile interaction and storytelling.
- A tour of Marine Kingdom that provided calming sensory stimulation.
- A ride on the Metro to build confidence and excitement through new experiences.





Throughout the year, DDC organised themed events to support creativity, memory activation, and joy, such as Valentine's Day, World Singing Day, Flower Day, Nail Grooming Day, Cultural Day, National Selfie Day, World Environment Day, National Tree Day, and World Chocolate Day. These activities promoted emotional expression, playful participation, and meaningful social connection. A dementia awareness session was conducted for SHARAN Senior Citizens' Club, covering types and stages of dementia, caregiving challenges, importance of early identification, and available support systems. A thematic skit helped convey caregiving realities in a relatable manner.

Students from institutions such as MSSW, WCC, Stella Maris, and DG Vaishnava College participated in interactive sessions involving songs and memory games, conversations with elders, and exposure to caregiving practices. These visits created young dementia advocates and provided emotional

stimulation to members. Sports Day promoted physical activity through a march past, lemon and spoon race, ring throw, and group exercises. These activities supported strength, balance, and social participation.

The impact and outcome of such activities was that it led to improvement in cognitive and emotional wellbeing while enhancing memory recall and attention. They also helped reduce anxiety and agitation, enhanced mood and emotional stability, improved mobility and balance, reduced fall risk, and improved strength and endurance. Such programmes also led to social inclusion through increased participation and confidence, stronger peer bonding, and reduced isolation. Above all, they reduced the emotional burden on caregivers and led to a better understanding of dementia care. Members benefited with access to structured support systems.

Coimbatore

In a significant milestone for senior care in Coimbatore, the chapter inaugurated its dedicated Coimbatore Dementia Day Care Centre (DDC) on March 18, 2025 at Hindustan College of Arts and Science, marking the beginning of structured, professional, and person-centred dementia support in the region. The formal inauguration was by Padma Shri Dr Natchiar, Director Emeritus, Aravind Eye Care Hospital in the presence of Dr Sheilu Sreenivasan, Founder President, Dignity Foundation. It witnessed the participation of senior members, caregivers, medical professionals, students, and community leaders.

The centre's institutional strengths include:

- Dedicated therapeutic infrastructure.
- Trained caregivers and support staff.
- Integration of cognitive stimulation, physiotherapy, music, and art therapy.
- Family counselling and caregiver guidance.
- Safe, dementia-friendly environment.

The impact and significance of the centre was that it is the first structured, community-based dementia care model in Coimbatore under Dignity Foundation that provides a reliable support system for families managing dementia. It helped reduced caregiver stress and social isolation, enabled elders with dementia to live with dignity, purpose, and emotional security, and established Coimbatore as a regional leader in compassionate dementia care.



Delhi

Located at Greater Kailash-II, the Kolkata Dementia Day Care Centre provides specialised, person-centred care to elders living with dementia. From April 2024 to March 2025, the centre supported 12 members through:

- Structured daily routines.
- Cognitive stimulation activities.
- Physiotherapy and mobility support.
- Nutrition and assisted daily living.
- Emotional and family counselling.
- Staff training in creative therapies.
- Ganesh Chaturthi and Diwali celebrations.
- Intergenerational Holi 2025 celebration with K R Mangalam School.
- Art, music, and memory-based activities.

These initiatives promoted cognitive stimulation, emotional security, and cultural continuity for members.

Pune

The Pune Dementia Day Care Centre continued to provide a safe, structured, and compassionate environment for elders living with dementia. The centre focuses on maintaining functional abilities, encouraging cognitive engagement, and supporting families through structured daytime care. With trained caregivers and therapists, the centre operates as a therapeutic community where routine, reassurance, and personalised engagement are central to care. A consistent daily schedule helped create familiarity and emotional stability.

The routine included:

- Morning orientation and light exercises.
- Cognitive stimulation and memory-based activities.
- Creative engagement and group interaction.
- Nutritious meals and supervised personal care support.

This structured approach helped regulate mood, reduce restlessness, and promote participation. The centre also implemented non-pharmacological therapies aimed at sustaining cognitive and physical functioning, including physiotherapy and chair-based mobility exercises, memory games, sequencing tasks, and storytelling, and music sessions and expressive art activities. These interventions enhanced focus, reduced anxiety, and encouraged social interaction.

Celebrations were thoughtfully adapted to stimulate recall and reinforce identity. The observances included New Year, Republic Day, Ganesh Chaturthi, Diwali, Christmas, and Holi. Through music, symbolic rituals, and simple group activities, members reconnected with familiar traditions and experienced shared joy. Periodic outdoor exposure and themed engagement days were organised to reduce monotony and stimulate the senses. Activities such as garden interaction, colour-themed days, grooming sessions, and memory-focused events encouraged expression and positive participation.

Regular interaction with caregivers provided guidance, emotional reassurance, and updates on behavioural changes. Informal awareness sessions within the community promoted early identification and understanding of dementia. The impact was that such activities improved emotional stability and reduced agitation, enhanced participation in structured activities, improved mobility and balance, increased peer interaction, and reduced caregiver stress through reliable daytime support.



Kolkata

The Kolkata Dementia Day Care Centre continued to provide a structured, safe, and stimulating environment for seniors living with dementia. Throughout the year, the centre organised a range of cultural, therapeutic, and festive activities designed to promote cognitive engagement, emotional stability, and social interaction. Major celebrations included New Year, Rabindra Jayanti, Nazrul Jayanti, Republic Day, Diwali, Christmas, and Holi. These events were thoughtfully adapted to suit the cognitive abilities of participants, incorporating music, singing, simple creative activities, and familiar rituals that triggered positive memories and emotional connection.



Such celebrations not only brought joy to the beneficiaries but also helped maintain cultural continuity and a sense of identity. In addition to festive programmes, the centre conducted regular therapeutic activities including memory stimulation exercises, music therapy, art-based engagement, light physical movement sessions, and structured group interactions. These interventions supported routine building, reduced anxiety, and enhanced overall wellbeing. Family participation remained a key strength of the programme. Caregivers were actively involved in celebrations and review interactions, strengthening support systems and encouraging shared understanding of dementia care.



Mumbai

With the rising number of older adults living with dementia, the need for structured day care support has become increasingly important. Dignity Foundation operates a Dementia Day Care Centre at Mahim West, Udyog Mandir-1, Unit 210. Centrally located and easily accessible from the western, central, and harbour railway lines, the centre supports families across Mumbai by providing a safe and structured environment for persons living with dementia, while also offering respite to caregivers.

The centre provides cognitive and social stimulation activities, safe pick-up and drop facility through the Eco Van donated by IDBI Capital, and nutritious pure vegetarian meals with morning and evening refreshments. Members receive supervised care from trained staff, along with

support from a visiting physiotherapist, art-based therapist, and an on-call doctor who conducts wellness sessions. Daily engagement includes memory-boosting games such as puzzles, block arrangement, alphabet-picture matching, newspaper reading, guided conversations, housie, and music sessions.

Physical activities such as ball-catching, throwing, and kicking exercises help improve gross and fine motor skills, mobility, and hand-eye coordination. The centre currently supports 15 members (ten females and five males). Regular participation has resulted in improved routine adherence, better social interaction, and increased engagement in structured activities. Families have reported reduced caregiver stress and greater emotional stability at home.

Success Story

Varuna Suresh Harchandrai, aged 76, diagnosed with Lewy Body Dementia, enrolled in March 2024. At the time of admission, she experienced visual hallucinations, fragmented sleep, aggression, hyperactivity, and social withdrawal. Through structured routines, therapeutic engagement, and supervised activities, gradual behavioural improvement was observed. She now attends regularly, participates actively in sessions, and shows improved social interaction and independence in daily routine tasks. Her family reports better behavioural stability and improved confidence in managing her care at home.



Loneliness Mitigation Centres

Ananda Yaan Centres

An initiative of Dignity Foundation, the loneliness mitigation centres provide safe and vibrant community spaces that address loneliness, social isolation, and age-related physical and cognitive decline among senior citizens. During the reporting period, the three centres—Byculla, E Moses Road, and Mazagaon—functioned as active hubs of care, engagement, and learning, positively impacting hundreds of elderly members through structured daily programmes and special interventions.



Mumbai

Programme Reach and Operational Support

- Three loneliness mitigation centres operational throughout the year.
- Centres functioned 19–22 days per month.
- Consistent daily attendance of 75–85%, indicating sustained engagement.
- Over 10,000 cumulative footfalls recorded across the centres.

Core Interventions and Engagement Health, Wellness and Mobility

- Daily yoga and Zumba sessions adapted for senior mobility.
- Physiotherapy for joint care, balance, and pain management.
- Regular health camps and screenings (eye care, general health, medicine distribution).
- Wellness and preventive health sessions including acupressure, naturopathy, TB awareness, and holistic health talks.

Mental, Cognitive and Emotional Wellbeing

- Mental health awareness sessions addressing stress, anxiety, loneliness, and ageing-related concerns.
- Memory stimulation through brain games and cognitive exercises.
- Meditation, pranayama, and mindfulness practices.

- Group interactions fostering emotional expression and peer support.

Social, Cultural and Creative Engagement

- Daily group activities such as games, music, storytelling, and karaoke.
- Celebration of national and cultural festivals including Independence Day, Diwali, Holi, Friendship Day, and birthdays.
- Art, craft, dance, music, drama, and storytelling sessions.
- Digital literacy, cyber awareness, and environmental programmes (paper bag making, plastic reduction drives).

Partnerships and Intergenerational Engagement

- College students' involvement through digital literacy, recreation, and festival celebrations.
- Rotary Club and Rotaract Club collaborations for workshops, outings, and Sports Day.
- Support from foundations and trusts for health and wellness initiatives.
- Cultural institutions and artists contributing music, dance, theatre, and storytelling.

These partnerships infused fresh energy, youth interaction, and professional expertise into the centres.

Special Highlights

- Dance Dhamaka: A flagship inter-centre dance

showcase celebrating senior talent.

- Annual Sports Day promoting fitness, teamwork, and confidence.
- Outstation exposure trip to the Statue of Unity and Jungle Safari.
- Large-scale musical programmes and cultural performances.
- Community outings including movie screenings and city experiences.

Overall Impact

- Noticeable reduction in loneliness and social isolation.
- Improved emotional wellbeing, confidence, and motivation among seniors.
- Centres emerged as trusted daily spaces for connection and care.
- Families reported positive emotional and behavioural changes.
- High retention and repeat participation across all the centres.

Way Forward

- Strengthen mental health and dementia-sensitive programming.
- Expand structured health monitoring and follow-up.
- Deepen corporate and CSR partnerships.
- Introduce skill-based and income-linked activities where feasible.
- Enhance documentation and impact measurement.

Pune

During the reporting period, the loneliness mitigation centres (LMCs) of the Pune Chapter played a vital role in addressing loneliness, social isolation, and emotional wellbeing among senior beneficiaries. Anchored in compassion, dignity,

and companionship, the programme supported seniors through holistic care. Three LMCs—Leprosy Colony (Antule Nagar), Siddharth Nagar, and Bhim Nagar—functioned actively throughout the year, offering structured and culturally rooted activities that fostered connection, emotional comfort, and a strong sense of belonging among the beneficiaries.

Key Activities and Engagement

- Regular yoga and gentle movement sessions.
- Music, bhajans, games such as tambola and musical chairs, and entertainment activities.
- Group-based interactions promoting joy, memory recall, and social bonding.

These activities resulted in improved physical comfort and mental relaxation, reduced stress and emotional distress, and also strengthened peer connections and participation.

Festivals and Cultural Celebrations

Makar Sankranti, Independence Day, Republic Day, and major Indian festivals celebrated across all the LMCs with active beneficiary participation.

Impact

- Reinforced cultural identity and community bonding.
- Fostered joy, unity, and emotional belonging.

Outcomes and Social Impact

- Reduced loneliness and social isolation.
- Improved emotional wellbeing and confidence.
- Fostered strong sense of dignity, companionship, and belonging.
- Better overall quality of life for the beneficiaries.

Inclusivity and Programme Adaption

- Activities adapted to physical and emotional needs.
- Focus on safety, comfort, and equal participation.
- Flexible approach ensured no beneficiary was left out.

Dignity Helpline

Elder abuse remains one of the most underreported and complex challenges affecting senior citizens in India. Often occurring within families, it manifests in the form of emotional neglect, verbal and physical abuse, financial exploitation, and intimidation. Deep-rooted social norms, fear of stigma, emotional dependence on family members, and lack of awareness about available support systems compel many older persons to endure abuse in silence.

To respond to this critical need, we operate decentralised, chapter-level elder abuse helplines,



enabling senior citizens to access timely support within their local context and language. This approach allows for quicker response, culturally sensitive counselling, and effective coordination with local authorities, civil society organisations, and community-based support systems.

The helpline programme serves as an early intervention and preventive mechanism, offering emotional reassurance, guidance on rights and options, referrals to appropriate services, and follow-up support to prevent escalation of abuse and restore safety and dignity for older persons.

Impact at a Glance

- Total distress calls handled: **3,742**
- Average calls per week: **72**
- Operational chapters: **9**
- Repeat callers requiring continued support: **31%**

Profile of Callers

- Senior women: **56%**
- Senior men: **44%**

Nature of Concerns Reported

- Emotional abuse, neglect and isolation: **39%**
- Family conflict and caregiving stress: **27%**
- Financial exploitation: **16%**
- Physical abuse or threats: **9%**
- Housing insecurity and other concerns: **9%**

Support and Interventions Provided

- Crisis counselling and emotional support: **100%**
- Rights-based guidance and problem-solving counselling: **42%**
- Referrals to NGOs and social workers: **28%**
- Coordination with police or local authorities: **22%**
- Follow-up counselling and monitoring: **55% of cases**



Outcomes

Cases stabilised or showing improvement through counselling and follow-up: 67%. A small proportion of calls were received from non-senior callers, including students and members of the general public. Such callers were appropriately guided to relevant support services, while maintaining the helpline's senior-focused mandate.

Case Study

Early Intervention and Behavioural Change

An elderly couple contacted the chapter helpline reporting repeated verbal and physical abuse by their adult daughter, who lived with them. They also expressed concern over her excessive spending and substance use, and shared their fear and inability to manage the situation without damaging family relationships. The helpline team first provided emotional support to the parents and assessed safety risks. With their consent, the counsellor engaged with the daughter, who was initially hostile and resistant.

Through sustained, non-judgemental counselling, she gradually opened up about her own emotional challenges. The counsellor helped her understand the impact of her actions, reinforced the parents' right to safety and dignity, and communicated that the situation would continue to be monitored. During a follow-up call a month later, the mother reported visible improvement. Incidents of violence had stopped, household disturbances had reduced, and overall tension within the family had eased.

Looking Ahead

Dignity Foundation continues to strengthen the helpline by enhancing counsellor capacity, building partnerships with law enforcement and civil society organisations, and expanding awareness so that no senior citizen suffers abuse in silence.



Anand Daan

The dry ration kit distribution programme is a monthly welfare initiative designed to support underprivileged senior citizens facing food insecurity. Many of the elders we serve live alone, have limited or no income, and struggle to meet basic nutritional needs. Through this programme, we ensure consistent access to essential food supplies, enabling seniors to live with dignity and reduced anxiety around daily meals. Each ration kit typically includes staples such as rice, pulses, cooking oil, basic spices, and other essential dry food items sufficient for the month.



Scale and Reach

- Average kits distributed per month: 600+.
- Total kits distributed annually: 7,200+.
- Beneficiaries: Economically vulnerable senior citizens.
- Frequency: Monthly, uninterrupted distribution.

The programme operates with a strong emphasis on regularity and reliability, as predictable support is critical for seniors dependent on monthly assistance.

Impact at a Glance

- Improved food security for senior citizens living

alone or with limited family support.

- Reduced financial burden, allowing seniors to allocate limited resources to healthcare and utilities.
- Enhanced nutritional intake, contributing to better overall health and energy levels.
- Strengthened emotional wellbeing, as seniors feel remembered, supported, and valued.

Beyond food support, the programme also serves as a point of regular human connection, helping identify seniors who may need additional care or referrals.



Case Study

Restoring Dignity Through Consistent Support **Mrs. Lakshmi (name changed), 72 years**

Mrs. Lakshmi is a widowed senior citizen living alone in a rented one-room home. With no steady income and declining health, managing daily meals had become a constant source of stress. She often skipped meals to stretch her limited savings. Since enrolling in the dry ration kit distribution programme, Lakshmi receives a monthly ration kit that covers her essential food needs. This support has ensured that she eats regular meals and no longer worries about running out of food.

“I can now plan my month without fear. The ration kit gives me relief and confidence that I will not go hungry,” she said. The monthly dry ration kit distribution programme continues to play a vital role in addressing hunger and vulnerability among senior citizens. By providing consistent, dignified food support, the initiative contributes not only to physical nourishment but also to emotional security and quality of life for elders in need.

Chai Masti Centres

Bengaluru

AMRUTHNAGAR COFFEE CHAI MASTI CENTRE

Amruthnagar Coffee Chai Masti Centre continues to be a vibrant space where senior citizens come together to celebrate culture, spirituality, music, and companionship. Through thoughtfully curated activities, the centre nurtures emotional wellbeing, social bonding, and joyful ageing.



- The spirit of Navaratri was celebrated with great devotion and enthusiasm at the centre. Members gathered in traditional attire, transforming the space into a festive and graceful setting. As part of the celebrations, Saraswati Pooja was conducted, invoking blessings for knowledge, wisdom, and creativity. The pooja created a serene and spiritually uplifting atmosphere, allowing members to reconnect with tradition and faith.
- Understanding the deep emotional connection seniors share with music, a music session was arranged based on members' preferences. Soulful renditions, devotional songs, and familiar melodies brought back cherished memories. Members actively participated by singing along, clapping to the rhythm, and enjoying the collective experience. The session fostered joy, relaxation, and a strong sense of togetherness.
- As part of spiritual enrichment and outdoor engagement, members visited the Kalasagiri Temple at Kaivara, Chintamani District. The visit provided opportunities for prayer, reflection, and peaceful interaction with nature. These outings helped break routine, refresh the mind, and strengthen bonds among members through shared spiritual experiences.
- Throughout these activities, Amruthnagar Coffee Chai Masti Centre remained a space of warmth, laughter, and mutual support. Whether through group photographs, shared rituals, music, or travel, members experienced a strong sense of belonging, dignity, and emotional wellbeing.



Success Story

Mr. Balwant Singh, aged 74, joined the Chai Masti Centre after the loss of his spouse. He was living alone and had very limited social interaction, which affected his emotional health. After regularly attending the Chai Masti Centre sessions, he gradually started interacting with other members and participating in group discussions and celebrations. Over time, his confidence and emotional wellbeing improved significantly. He now actively participates in centre activities and motivates new members to join.

JAYANAGAR NAGAR CHAI MASTI CENTRE

- Jayanagar Chai Masti Centre remains an active and inspiring space where senior citizens engage in cultural expression, learning, wellness, and community bonding. Through diverse programmes and meaningful outings, the centre continues to promote joyful and dignified ageing.
- On the occasion of World Senior Citizens Day, members of Jayanagar Chai Masti Centre visited Sparsh Hospital, where a special event was organised to honour senior citizens. Our members actively participated in the programme and presented a skit, which was highly appreciated by the audience and judges. Their confident performance, creativity, and teamwork earned them the first prize, bringing pride and joy to the entire Chai Masti Centre.
- The centre was honoured by the visit of Dr Shyamantaka, the oldest member of Jayanagar Chai Masti Centre. Her presence was deeply inspiring to all members. She shared her life experiences, wisdom, and positive outlook on ageing, motivating everyone to remain active, engaged, and optimistic in later years.
- A music evening was organised at the centre, where members enjoyed devotional, classical, and film songs. The session created a relaxed and joyful atmosphere, allowing seniors to relive fond memories, participate through singing, and strengthen emotional connections with one another.
- Jayanagar Chai Masti Centre celebrated

Independence Day with great patriotic spirit. Members came together to sing patriotic songs, expressing their love and gratitude for the nation. A quiz competition on freedom fighters and national history was conducted, encouraging learning and active participation among members.

- A talk on wellness was organised to create awareness about physical health, mental wellbeing, and healthy lifestyle practices for seniors. The session emphasised simple daily habits, positive thinking, and staying socially connected to lead a balanced and fulfilling life.
- As part of recreational and educational exposure, members visited a musical museum, where they explored various musical instruments and learned about the evolution of music. The visit was both informative and enjoyable, sparking curiosity and appreciation for art and culture.

Success Story

After retirement and the loss of her spouse, a 70+ year-old senior began experiencing loneliness and reduced social engagement. Living independently but with limited interaction, her emotional wellbeing was affected. Her life took a positive turn after joining Jayanagar Chai Masti Centre. Through regular participation in music evenings, wellness talks, quiz competitions, and cultural programmes, she gradually rebuilt confidence and social connections. A defining moment was her participation in a skit performed at Sparsh Hospital on World Senior Citizens Day, where the team won first prize, boosting her self-esteem. A visits to a musical museum and inspiring interactions with fellow seniors further enriched her experience. Today, she feels valued, active, and emotionally supported, describing the Chai Masti Centre as her second family.





RR NAGAR COFFEE CHAI MASTI CENTRE

- R R Nagar Chai Masti Centre, functioning as part of Kids Kingdom, actively promotes social interaction, learning, and joyful engagement among senior citizens. The centre celebrated its anniversary with great enthusiasm, creating a festive and welcoming atmosphere for all members. On this occasion, a guest speaker was invited to deliver an informative session on nutrition, focusing on healthy eating habits, balanced diets, and age-appropriate nutritional needs for seniors. The talk encouraged members to adopt healthier lifestyles and increased awareness about overall wellbeing.
- As part of recreational activities, all Chai Masti Centre members visited a shopping mall to watch a movie together. The outing provided relaxation, entertainment, and an opportunity for members to bond outside the centre, strengthening friendships and reducing feelings of isolation.

Success Story

Mrs. Shubha, aged 65, was experiencing loneliness as her children are settled abroad. Initially, she attended the centre sessions only occasionally and remained reserved. Over time, through regular participation in group activities, festival celebrations, and peer interactions, she developed strong friendships and a sense of belonging. Today, she actively volunteers during centre events and takes initiative in supporting fellow members. She reports a significant improvement in her happiness, confidence, and overall emotional wellbeing, describing the centre as an important part of her daily life.



SANJAY NAGAR COFFEE CHAI MASTI CENTRE

- On the occasion of Happy Senior Citizen Day, members of Sanjay Nagar Chai Masti Centre were warmly invited to Sparsh Hospital, where a thoughtfully planned celebration was organised in the hospital auditorium. The event was filled with joy, respect, and meaningful engagement, making the senior members feel truly valued and honoured. The programme began with a cheerful gathering of senior couples who enthusiastically participated in dance performances. Their graceful movements and radiant smiles reflected their talent and zest for life, filling the auditorium with applause and positive energy. A quiz competition was also conducted during the programme, encouraging active participation, learning, and healthy interaction among members.
- As part of an outing, members were taken to nearby temples, where they spent peaceful moments in prayer and reflection. This spiritual experience brought a sense of calm and contentment, adding emotional depth and warmth to the celebration. In addition, a one-day spiritual trip was organised to the Koti Lingeshwara Temple at Kaivara, Chintamani, providing members with an opportunity for relaxation, devotion, and social bonding.
- Understanding the importance of physical wellbeing, physiotherapy camps were conducted at our centres. Qualified professionals guided the seniors through simple exercises and offered personalised advice, helping them maintain mobility, strength, and overall physical health. To enhance safety awareness, police officials were invited to the centre to educate members about crime prevention, personal safety, and fraud awareness.
- Health awareness was further strengthened when a team of doctors visited the centre and conducted informative sessions on common age-related health issues. They used videos and interactive discussions to help members better understand preventive care and healthy lifestyle practices.

- In addition to health and awareness programmes, members enjoyed recreational outings, including a group visit to watch a movie, which provided relaxation, entertainment, and a refreshing break from routine.





VIDHARANYAPURA COFFEE CHAI MASTI CENTRE

- Vidharanyapura Chai Masti Centre actively promotes creativity, confidence, and social engagement among senior citizens through regular cultural programmes. A political skit (drama) titled 'Kannada Horata' was performed at the centre, addressing important social and political themes through meaningful dialogue and expressive acting. The performance showcased the members' awareness, teamwork, and stage presence, and was well appreciated by the audience.
- In addition to the drama, members displayed their individual talents through solo dance performances and dialogue delivery. Each member participated in mono acting, demonstrating confidence and creative expression. A special mention goes to Mallikarjun Rao, whose mono acting performance was particularly impactful and received enthusiastic appreciation from fellow members.

Success Story

Mr. Manjunath, aged 76, was enrolled in the Chai Masti Centre due to mobility challenges and early memory-related difficulties. Through regular participation in physiotherapy sessions, cognitive activities, and social interaction programmes, he gradually showed noticeable improvement in physical movement, alertness, and confidence. His family members reported positive behavioural and emotional changes after he began attending the centre regularly. The supportive environment and structured activities at the Chai Masti Centre have played a key role in enhancing his overall wellbeing and quality of life.

VIJAYANAGAR COFFEE CHAI MASTI CENTRE

- Vijayanagar Chai Masti Centre actively promotes social interaction and joyful ageing by organising cultural celebrations, recreational activities, and meaningful outings for its senior members.
- The centre celebrated Cultural Day with great enthusiasm and participation from all the members. The programme featured musical and cultural activities, where members enjoyed singing, rhythm-based performances, and group participation. A variety of traditional games, one-minute games, and other fun activities were organised, creating a lively and cheerful atmosphere. These activities encouraged laughter, active involvement, and strengthened bonds among the members.
- A one-day outing was organized to the Koti Linga Temple at Kaivara, Chintamani District. The visit offered members a peaceful and spiritually enriching experience. Spending time together outside the centre helped members relax, refresh their minds, and build stronger friendships.
- Vijayanagar Chai Masti Centre also celebrated Flower Day, with special emphasis on honouring the women members. Ladies were adorned with flowers, and the celebration added colour, warmth, and happiness to the centre. The event made the women feel appreciated and brought smiles to everyone present.
- In addition, members enjoyed a visit to a resort, where they spent quality time engaging in leisure activities and social interaction. The change of environment provided relaxation and mental rejuvenation, contributing to overall wellbeing and togetherness.



Chennai

The Chennai Chapter of Dignity Foundation has three centres functioning in Anna Nagar, Mylapore and Adyar. The objective is to promote lifelong learning and emotional wellbeing. The activities conducted at the centres encourage social bonding and community participation along with supporting active and dignified ageing. The various cultural events conducted during the year 2024-25 included:

- Christmas and New Year celebrations with flower theme and cultural activities.
- Pongal celebration at Paruthipattu village.
- Tamil New Year and Vishu virtual celebration.
- Krishna Jayanthi devotional programmes.
- Navaratri Kolu with traditional performances.

The centres also conduct educational and awareness programmes. During the year, a session on successful ageing was conducted by the students of WCC students. Some of the other activities and events included an awareness programme on tuberculosis, a financial literacy workshop, digital literacy training by Help Age India, a pre-retirement counselling programme with Murugappa Group, a CEO visit with an interactive session as part of the outreach programme, the launch of DFF Membership Board, and a residential association outreach programme.

The centres plan to establish new Chai Masti Centres in apartment premises and also launch an active helpline services for elderly support. The centres also engaged in various programmes related to music and arts while promoting creativity among the members. Some of these programmes included:

- Music Day celebration with Shoba Developers.
- World Musical Week intergenerational singing.
- Sound healing session.
- Two-day craft workshop.
- Weekly singing sessions for pleasure.

The centres are also focused on promoting physical and mental wellness with weekly yoga sessions, regular Zumba classes, Tai Chi practice sessions, handwriting assessment programmes, and participation in senior stroll-a-thon. All such activities have had various impacts and led to personal and group achievements. They have improved physical fitness among the members, enhanced emotional stability, increased self-confidence, and led to better social interaction. They have also strengthened community bonding, and promoted joyful and dignified ageing. These milestones have been achieved due to consistent support from staff and volunteers.



Coimbatore

Dignity Foundation Coimbatore proudly organised a multi-specialty mega health camp at Sree Dhaksha's Vhirdhaa in collaboration with Kongunadu Multispecialty Hospital and Madurai Eye Hospital. This event was aimed at providing top-notch healthcare services to the community, and it was heartening to see that a total of 70 residents were able to benefit from this initiative. The specialties covered under this camp included general surgery, general medicine, cardiology, orthopaedics, physiotherapy, eye specialisation, dietetics, as well as various investigations such as blood pressure monitoring, blood sugar tests, body mass index calculations, and electrocardiograms.

A unique indigenous sporting event was organised in collaboration with Vanaprastha Senior Citizens Retirement Home in the month of April 2024. This event focused on indigenous games, fostering a sense of nostalgia and cultural connection among the participants. The residents of Vanaprastha Senior Citizens Home relished the opportunity to relive their childhoods through games like snakes and ladders, five stones and musical chairs. The event transcended competition, becoming a platform for showcasing hidden talents and fostering a love for traditional games.

In July, the centre organised a memorable intergenerational sports event in partnership with Bishop Appasamy College. A total of 40 senior citizens and 50 enthusiastic social work students actively took part in this exciting event. The prestigious sports event was graced by the presence of Rama Krishnan, Managing Director, Tulasi Pharmacy, who inaugurated the proceedings in a grand manner by lighting the symbolic Olympic torch and officially flagging off the competition. The event featured a diverse range of indoor and outdoor games. The centre also conducted an enlightening session focused on enhancing general wellbeing and improving diet for the health of elderly individuals.

The session was led by Dr Shakthi Vijayan, a



naturopathy and yoga practitioner. On the occasion of World Alzheimer's Day, the centre organised a campaign across 12 esteemed colleges. Members participated in a cyber security awareness programme conducted by Shri Ravichandran, a cyber-crime analyst. Members attended a session on 'emotional management' led by the esteemed Dr Vedhagiri Ganesan from the Global Institute of Behavioural Change. The interactive session was

designed to empower participants with practical tools and techniques for effectively navigating their emotions in daily life.

Members celebrated various festivals such as Ganesh Chaturthi, Navratri, Christmas, Pongal and Diwali with great fervour and enthusiasm. Members were delighted to take part in an enlightening session on 'The Amazing Power of Your Subconscious Mind' conducted by Rajeshwari Mohan. The session provided valuable insights into harnessing the potential of our subconscious mind and how it can positively influence our life. Members also celebrated such events as Friendship Day, International Women's Day and World Senior Citizens Day.

On Human Rights Day, the centre collaborated with Natchiyar Mind Care Hospital and paid homage to the courageous human rights activists who have fought for justice. This was followed by a quiz session. Also, students from various colleges shared information about the fundamental rights and welfare schemes available for senior citizens, emphasising the importance of inclusivity and social support for this segment of society. In March, the centre officially inaugurated the Dementia Day Care Centre in a grand manner at Hindustan College of Arts and Science.

The event was graced by the presence of Padmashri Dr Natchiar, Director Emeritus of Aravind Eye Care Hospital along with the founder president of the Dignity Foundation, Dr Sheilu Srinivasan, and special guests and patrons. Dr Natchiar shared insights on the importance of dignity and care for senior citizens. She emphasized the need for community support and structured care for individuals living with dementia. Dr Srinivasan released a heartfelt song dedicated to dementia patients, adding an emotional touch to the day's celebrations. In an effort to support the elderly in need, Dignity Foundation Coimbatore distributed more than 30 ration kits to underprivileged senior citizens.



Delhi

The Delhi NCR Chapter of Dignity Foundation has been actively serving senior citizens since 2017, working towards enabling dignified, healthy, and socially connected ageing. As part of the national network, the chapter delivers integrated services that address physical, emotional, and social needs of the elderly. Currently, the chapter operates one Dementia Day Care Centre since 2022, three Chai Masti Centres, a dedicated senior citizens' helpline, and a monthly ration distribution programme. Together, these initiatives form a comprehensive support system for vulnerable and active seniors across the Delhi NCR region.

Located at Greater Kailash-II, the Dementia Day Care Centre (DDC) provides specialised, person-centred care to elders living with dementia. From April 2024 to March 2025, the DDC supported 12 members through:

- Structured daily routines.
- Cognitive stimulation activities.
- Physiotherapy and mobility support.
- Nutrition and assisted daily living.
- Emotional and family counselling.
- Staff training in creative therapies.
- Ganesh Chaturthi and Diwali celebrations.
- Intergenerational Holi 2025 celebration with K R

Mangalam School/

- Art, music, and memory-based activities.

These initiatives promoted cognitive stimulation, emotional security, and cultural continuity for members.

The three Chai Masti Centres function as vibrant social hubs that promote active ageing and community participation. These centres successfully combat loneliness while encouraging creativity, learning, and friendship. Regular activities included:

- Yoga and chair exercises.
- Music and art therapy.
- Movie outings and cultural programmes.
- Health awareness sessions.
- Festival celebrations.

From April 2024 to March 2025, the senior citizens' helpline handled 226 cases, offering emotional support, legal and medical guidance, crisis intervention, and rescue and referral services. The helpline continues to be a trusted point of contact for seniors facing abuse, neglect, and isolation.

Under the Anand Daan initiative, the chapter distributed 75 dry ration kits to abandoned and homeless seniors at Bandhwari Village, Gurugram,



in collaboration with Earth Savors and Facebook CSR. Beyond material support, volunteers spent time listening to beneficiaries, reinforcing dignity, empathy, and human connection.

The chapter gained wider visibility through interview on ‘Gurgaon ki Awaz’ radio, community presentations, and awareness campaigns. These platforms helped amplify Dignity Foundation’s mission and expand outreach. The residential and institutional outreach programmes included old age home visits, eco-awareness activities (Paper Bag Day), financial and cyber safety workshops, and music therapy sessions. These engagements strengthened community partnerships and promoted responsible ageing.

The impact and achievements included:

Quantitative Impact

- 12 dementia members supported.
- 226 helpline cases addressed.
- 75 ration kits distributed.
- Hundreds of seniors engaged through Chai Masti Centre activities.

Qualitative Impact

- Reduced loneliness and emotional distress.
- Improved physical and cognitive functioning.
- Strengthened family support systems.
- Enhanced confidence and social participation.

Voice of Impact

- “The activities have improved his mood and reduced restlessness. We feel supported.” — Family member, DDC.
- “This centre makes me feel valued and part of a family.” — Chai Masti Centre member.
- “The helpline gave me strength when I had no one.” — Helpline beneficiary.
- “These ration kits mean survival for us.” — ration recipient.



The centres’ highlights included:

1) Chai Masti Centre – National Media Centre

- Old age home outreach.
- Music therapy sessions.
- Janmashtami, Diwali, Holi celebrations.
- Environmental and cultural programmes.

2) Chai Masti Centre – Safadarjung Enclave

- Chair yoga.
- Parents’ and Fathers’ Day celebrations.
- Doctors’ Day health session.
- Raksha Bandhan and Diwali activities.

3) Chai Masti Centre – DLF Phase 2

- Movie outings.
- Naturopathy sessions.
- Janmashtami and Lohri celebrations.
- Cyber safety awareness with Paytm volunteers.
- International Day of Older Persons programme.

These centres nurtured emotional wellbeing through meaningful engagement and shared experiences.

Mumbai

The Chai Masti Centres of Mumbai continued with a wide range of activities during the year, as highlighted below.

CHEMBUR CENTRE

Chembur Chai Masti Centre continued to thrive as a vibrant hub of activity and companionship for senior citizens. Members actively participated in yoga, Tai Chi, Zumba, and wellness sessions that promoted mobility, balance, and overall vitality. Regular mind games such as Bridge, carrom, and quizzes kept cognitive engagement strong. Festival celebrations including Lohri, Navratri, Diwali and Christmas were celebrated with enthusiasm, often drawing large attendance and reinforcing a deep sense of community. Music, karaoke, and talent-sharing sessions provided joyful opportunities for self-expression.

THANE CENTRE

Thane Chai Masti Centre encouraged members to embrace creativity, confidence, and collective celebration. A key highlight was participation in 'Dance Dhamaka' and inter-centre cultural events, where seniors showcased their enthusiasm and stage presence. Workshops such as dance therapy sessions supported both emotional wellbeing and physical flexibility. Regular yoga sessions, indoor games, and festive celebrations ensured a well-rounded engagement throughout the year. The centre continues to inspire seniors to step forward with confidence and remain actively involved in community life.

MAHIM CENTRE

Mahim Chai Masti Centre beautifully combined cultural vibrancy with wellness initiatives. The Ashadi Ekadashi celebration stood out as members, dressed in traditional attire, sang devotional songs, and celebrated together with heartfelt participation. Collaborative workshops, including physiotherapy sessions with college students, offered practical health benefits and meaningful intergenerational interaction. Regular recreational





games, music sessions, and festive gatherings strengthened peer bonding. The centre nurtures both tradition and wellbeing, creating a joyful and inclusive environment for seniors.

POWAI CENTRE

Powai Chai Masti Centre remained a centre of emotional renewal and energetic participation. Members engaged in structured wellness activities, dance events, fashion shows, and festive celebrations that fostered confidence and camaraderie. The centre witnessed visible transformations among seniors who initially joined during periods of loneliness or grief. Through consistent interaction and group activities, members rediscovered purpose and enthusiasm. The centre continues to serve as a warm and welcoming community where seniors experience renewed joy and companionship.



DADAR CENTRE

Dadar Chai Masti Centre continued to demonstrate high energy and strong member participation throughout the year. Celebrations such as Janmashtami, Navratri, Diwali, Christmas, Valentine's Day and Holi brought members together in colourful gatherings filled with music and dance. International Yoga Day and World Alzheimer's Day were observed with awareness activities and collaborative initiatives. Regular karaoke, Tai Chi, Zumba, and laughter yoga sessions added vibrancy to weekly programming. The centre reflects the spirit of active ageing, where enthusiasm and togetherness define every gathering.



JP INFRA NORTH-MIRA ROAD CENTRE

JP Barcelona Chai Masti Centre encouraged members to remain expressive and socially engaged through cultural programmes and themed celebrations. Teachers' Day, fashion shows, and festive gatherings created opportunities for creativity and participation. Picnics and outdoor outings provided relaxation and bonding beyond the centre premises. Regular group activities



and indoor games strengthened friendships and maintained cognitive engagement. The centre continues to promote joyful participation and meaningful social interaction among seniors.

JP INFRA NORTH-BARCELONA CENTRE

JP Infra North Chai Masti Centre emphasised consistent physical activity and holistic wellness. Daily yoga practice became an integral part of members' routines, contributing to flexibility, stress reduction, and overall balance. Festival celebrations, outdoor games, and community gatherings enriched social life at the centre. Members demonstrated strong commitment to maintaining active lifestyles and supporting one another. The centre fosters disciplined wellness habits alongside vibrant social interaction.

VASHI CENTRE

Vashi Chai Masti Centre maintained an energetic calendar filled with yoga, Zumba, physiotherapy sessions, music therapy, and cognitive games. Monthly birthday celebrations and festival events created joyful moments of togetherness. Members actively participated in major inter-centre events such as Freedom Fiesta and UMANG dance competitions, reflecting strong confidence and

team spirit. Outdoor picnics and musical evenings further enhanced group bonding. The centre continues to build a supportive environment where seniors remain physically active and socially vibrant.

MULUND CENTRE

Mulund Chai Masti Centre was launched during the year, marking an important expansion of Dignity Foundation's outreach. Despite being newly established, the centre demonstrated promising participation and enthusiasm among the early members. Initial activities included yoga sessions, indoor games, and social gatherings that helped members build connections. Participation in outings and temple visits further strengthened group identity. The centre represents a growing community space where seniors begin new journeys of engagement, friendship, and active living.



MAHALAXMI RECREATIONAL AND WELLNESS CENTRE

The centre, inaugurated during the year, quickly emerged as a dynamic space for senior engagement in South Mumbai. Structured sessions including yoga, Zumba Gold, Tai Chi, laughter yoga, and indoor games ensured regular participation. The centre celebrated Navratri, Diwali, Christmas, Valentine's Day, and New Year with vibrancy. Community outreach initiatives, including awareness rallies and donation drives, reflected the spirit of giving among the members. The centre stands as a nurturing environment where seniors remain active, expressive, and socially connected.

Hyderabad

The Hyderabad Chapter was inaugurated in April 2024, marking an important step in expanding community-based engagement and wellness support for senior members in the region. Since its inception, the centre has steadily grown into an active hub promoting physical health, emotional wellbeing, and social connection. In February 2025, the centre was relocated from Banjara Hills to Somajiguda, improving accessibility and strengthening programme delivery. The centre operates in collaboration with Roshini Foundation, creating a shared community space that encourages holistic wellbeing.

The combined participation from Roshini Foundation and Dignity Foundation averages 20 active members, who regularly attend sessions and engage in structured activities. The Hyderabad Chai Masti Centre continues to prioritise holistic wellness through structured programmes that support both physical and emotional health. Some of the key initiatives during the year included:

- Meditation sessions promoting self-awareness, compassion, and emotional balance.
- Yoga asanas and therapeutic yoga addressing knee pain, neck pain, and back pain.
- Zumba and aerobics to improve mobility, flexibility, and overall fitness.
- Light exercise routines to help members remain

physically active.

- Healing sessions exploring the connection between mind, body, and soul.

Preventive health awareness was also emphasised through a summer precautions lecture, where members were guided on hydration, sun protection, and seasonal health practices. In the area of cultural and spiritual engagement, the centre celebrated various occasions that foster community bonding and emotional enrichment. These included Mahashivaratri with a meditation



session, Sri Rama Navami with the distribution of sweets, and Hanuman Jayanti with devotional observance commemorating the birth of Lord Hanuman. These celebrations strengthened community connection and provided moments of reflection and joy.

To promote social interaction, cognitive stimulation, and enjoyment, the centre regularly organised indoor recreational activities, including carrom, chess, tower-building games, target games, card games, and quiz sessions. These activities create a lively, inclusive, and mentally stimulating environment for the members. Meanwhile, the Hyderabad Chapter witnessed new member enrolments during the year, reflecting growing awareness and trust in the centre's programmes.

Consistent attendance demonstrated strong engagement and community participation.

Feedback from both Roshini Foundation and Dignity Foundation members has been highly positive. Members reported improved sleep quality, reduction in joint pain and physical discomfort, increased flexibility and mobility, enhanced emotional wellbeing, greater motivation and confidence, and a stronger sense of community belonging. Regular participation led to visible improvements in overall health, activity levels, and social confidence. Since its inauguration, the Hyderabad Chapter has developed into a vibrant and supportive community space, continuing to enhance the quality of life and wellbeing of all the participants.



Kolkata

The Kolkata Chai Masti Centres continued to engage in a range of activities aimed at promoting wellbeing, cultural participation and social interaction. Here are the highlights of some of the activities conducted during the year.

ANNUAL PICNIC

Members of Kolkata Chapter were treated to a picnic on January 16 at the Eco Urban Village. It was an exciting day that started with breakfast. Piping hot peas kochuri alu dam and moa was served. Members then walked around in the park enjoying the winter sun and also visited the Tribal Museum with its exhibits of tribal handicrafts, drawings, jewellery and musical instruments. Mid-



morning snacks of pakoras and coffee were served followed by entertaining games and activities. Members won prizes playing fun games, followed by a delicious and sumptuous lunch. In the post-lunch session, members played housie with great enthusiasm, conducted by senior member Rita Bose.

BAGUIATI CENTRE

The year 2024-25 was full of activities that celebrated culture, community, companionship, and the spirit of togetherness among our senior citizens.

- Our signature Food Festival brought joy, flavour and warmth to our members. With home-cooked dishes, laughter, and storytelling, it wasn't just a culinary event—it was a celebration of life, shared over plates and memories.
- The rituals of the Ganesh Festival were observed with devotion and dignity. Members came together to offer prayers that evoked a strong sense of community and spiritual harmony.
- Our visit to Behala gave members a chance to explore heritage, bond with each other, and enjoy an outing that was both enriching and energising.
- A unique highlight was celebrating a marriage ceremony among our extended family. It brought immense joy to witness love and companionship bloom at any age.
- The Rabindra Jayanti celebration was filled with music, poetry, and love for Rabindranath Tagore. Members sang Rabindra Sangeet, shared their favourite writings, and created a soulful atmosphere that honoured his timeless influence on Bengali culture.
- Who says you need to travel far to have fun? Our in-house picnic proved that joy can be found right at home. With games, music, snacks, and group activities, the day was full of cheer, laughter, and light-hearted moments—bringing a picnic vibe indoors, without the hassle of travel.



- We organised several trips this year to scenic, spiritual, and culturally rich destinations. These outings provided rejuvenation, laughter, and beautiful shared moments that created stronger bonds among members.
- Members enjoyed films together—reminiscing old classics and watching new stories unfold, bringing back nostalgia and shared laughter.
- We proudly celebrated Nazrul Jayanti with songs, recitations, and reflections on the life and works of Kazi Nazrul Islam. The event was both soulful and stirring, showcasing the talents of our members.

DHAKURIA CENTRE

- Poila Boishak, the Bengali New Year, was celebrated with pomp and grandeur. The event started with a chorus by the members and was followed by a group dance along with a song. The members dressed in colourful attire for the dance. They spoke about their past experiences of Nababarsa in Dignity Foundation. An octogenarian well-wisher, Malay sang wonderful 'Puratoni Sangeet' that marvelled the audience. Members recited poems. Some of the members presented lovely solo dances while some shared their experiences of Poila Boishak in their childhood.
- Members celebrated Agomoni, welcoming Mother Goddess Durga with the recitation of stotras and soulful songs by Ritesh Halder. His melodious voice marvelled the audience.
- Like every year, World Elders Day was also celebrated. Members who volunteered for

different projects of Dignity Foundation through the year were awarded for their efforts.

- Members organised Saraswati Puja with lots of interest and enthusiasm. They went in a group to buy the idol and other items required for the rituals. The prayer room was beautifully decorated with flowers and rangoli. Senior member Gautam Bhaduri conducted the puja as the priest. Sheela, a member, cooked the pulao and bhajas while Chapter Head Ruma prepared payesh for the bhog. Members stood for 'anjali' under the guidance of Bhaduri. There was a short programme of songs and dance by the members. Finally, everyone left for home with a box of khichiri, labra, aloo dum and chutney for lunch.
- World Environment Day is the United Nations' day for encouraging worldwide awareness and action to protect our environment. So, the centre took the initiative to celebrate this event in front of the Dakshinapan Complex. The day was also celebrated at the Kolkata Dementia Day Care Centre.
- Woodlands Hospital hosted a programme of wellness for women members at the Calcutta Club. It was a very informative programme where an enlightening discussion on women and wellness kept the audience captive. Doctors, psychiatrists and social activists, among others, participated. They shared their experiences, and gave us valuable insights about their fields. The session gave us an idea of how to prioritise wellbeing and strengthen every aspect of the life of a woman.



BEHALA CENTRE

- The centre operates five days a week, offering a mix of physical and cultural activities to keep our members engaged and active. Yoga and physiotherapy sessions are conducted twice a week, focusing on health, flexibility, and mobility support tailored to senior needs.
- Health camps are organised every Saturday and Sunday, ensuring regular medical check-ups and preventive care access for all members.
- The centre joyfully celebrated Rabindra Jayanti and Nazrul Jayanti in May and June, with spirited performances of songs and dances by the members. These events served as platforms to honour Bengal's literary and musical heritage.
- In collaboration with the Rotary Club, Doctors' Day was celebrated with support from Dignity Foundation, recognising the contribution of medical professionals and promoting health awareness.
- Throughout the year, many more enriching activities — including awareness talks, art and craft sessions, interactive games, and seasonal festivities — were held, contributing to the holistic wellbeing and happiness of all the members.



SALT LAKE CENTRE

- World Environment Day was celebrated by the members on June 5.
- On July 15, senior member R K Das anchored a programme titled 'Bhooter Golpo'.
- Friendship Day was celebrated on August 9.
- On September 6, members celebrated Teacher's Day.
- Bijoya Sammilani was celebrated on October 21.
- The centre also celebrated important festivals such as Diwali and Christmas.
- Regular yoga sessions were anchored by Arun Sen.
- Valentine's Day was celebrated on February 24 while International Women's Day was celebrated on March 10.



Pune

The Pune Chapter continues to strengthen its presence as a structured engagement platform dedicated to promoting active and healthy ageing. During the reporting year, three Chai Masti Centres — Wanawadi, Kalyani Nagar, and Magarpatta — functioned actively as neighbourhood hubs for senior participation, wellness promotion, and social interaction. Together, these centres provided accessible and welcoming spaces where older adults could regularly gather and take part in structured activities that support physical vitality, mental stimulation, and emotional wellbeing.

PROGRAMME APPROACH

The Pune Chapter follows a decentralised engagement model, enabling each centre to serve its surrounding locality while maintaining a shared programme framework. This approach enhances accessibility for seniors across different areas and encourages consistent participation. Across all the three centres, sessions were conducted regularly with a focus on active lifestyles, functional fitness, cognitive engagement, and social interaction.

THE CORE AREAS OF ENGAGEMENT INCLUDED:

- **Physical Wellness:** Members participated in guided activity sessions aimed at improving flexibility, balance, and overall mobility, supporting independence and healthy ageing.
- **Cognitive Stimulation:** Interactive group activities and structured engagement sessions helped

promote memory, concentration, and mental alertness.

- **Social Participation:** Regular gatherings fostered meaningful peer interaction, friendship-building, and a strong sense of belonging among the members. Celebrations and informal group observances strengthened interpersonal connections and enriched the overall member experience.

MEMBERS PARTICIPATION

All the three centres witnessed steady participation, reflecting strong interest and trust in the programmes offered. Members continued to engage enthusiastically in sessions and activities, making the centres an important part of their routine and daily engagement.

OBSERVED OUTCOMES

Participation across the centres indicates encouraging outcomes in members' overall activity levels, social interaction, and emotional wellbeing. The centres serve as supportive environments that motivate members to remain active, connected, and engaged. With three actively functioning Chai Masti Centres across different neighbourhoods, the Pune Chapter has successfully expanded its reach while maintaining consistent programme delivery. The chapter continues to play a meaningful role in enhancing the quality of life for older adults through structured engagement and wellness-focused initiatives.



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 films and humour, Dignity Dialogue has it all.



OUR IMPACT

31
years

372
issues

22,000+
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 and Empowering

We celebrate the golden years and focus on senior citizens' accomplishments and new learnings in the second innings of their life! Our cover stories highlight the achievements of leading personalities who have not let age dampen their enthusiasm to create new milestones and reach the pinnacle of success.

3. Health and 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. New Hobbies

Each issue of Dignity Dialogue features articles that will help develop new hobbies in your retirement phase.

6. 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.

7. 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 is available in hard-copy and e-copy for a cost-effective annual subscription. A one-year membership provides 12 issues – one 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!

*AT THE TIME OF PRINT

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Subramanian Gurumurthy	33,295
Reena Varma	31,000
Ramani Iyer	30,700
Atul Shah	30,000
V Sundaram	30,000
Vandana Lal	30,000
S. Sathya Bama	30,000
Mallikarjuna Rao	27,847
Satyabhama Subramanian	27,000
Joyce Wilfred Miranda	25,500
Vijay Dodeja	25,352
Pavan Choudhary	25,000
Smriti Bulchandani	25,000
Hemant Vakil	25,000
Uma Srinivasan	25,000
Pritavi Raj Sharma	25,000
Aspi Davierwalla	25,000
Anidha	25,000
Joyce Shakaran	25,000
D K Shakaran	25,000
Hema Pai	25,000
Hari Iyer	25,000
Shagan Commercials	25,000
Nupur Bagchi Golhotra	25,000
Anirudh Bhalotia	25,000
Jayanthi Sen	25,000
Ramesh Narayan	24,800



OUR SUPPORTERS

Name	Amount (INR)
K. Anantha Ramkrishna and Vasanthi	24,300
Vishwanath Bhat	24,000
Gajanan Shastri	23,700
Sisir Kr. Das & Kaberi Das	23,649
Harpal Arora	22,200
Geeta Iyengar	22,141
Anand Kumar Gupta	22,100
Umesh Sehgal	21,999
Vineeta	21,500
Sujata & Moreshwar Khaparde	20,650
Pushpakala Rangnathan	20,500
Soonu Marker	20,500
Uma Jayaraman	20,500
Ruja Joshi	20,281
Rhoda Doctor	20,000
Meenakshi Doraiswami	20,000
Lakshmi Srinivasan	20,000
Thikana Shimla	20,000
Gopal Krishna Asthana	20,000
Sham Sunder Dhawan	20,000
M. L. Bhatia & Suraksha Bhatia	20,000
Debangana & Anand Bagchi	20,000
Goutam Agarwal	20,000
Haringhata	20,000
Sukoon (Three Dot)	20,000
Anirudh R	20,000
Shobha Parab	19,000
C. K. Satchidhanandham & Vatcheta Satchidhanandam	19,000
Ravel	19,000
Pushpa Subramaniam	18,500
Rayvathi Subramaniam	18,500
Firdos Namirian	18,050
Mohan Krishnamurthy	17,150
Neeyati Rakesh	17,000
Sheetal Prabhu	17,000
Asha Bantwal	16,000
Natarajan D	15,999
Indu Kansra	15,898
Subodh Chandra Mazumdar	15,849

Name	Amount (INR)
Sunanda Ray	15,700
Vandhana Chatrumal Hemdev	15,250
Virinder Chugh	15,000
Zafar Bhatri	15,000
Arunabha Das Sharma	15,000
Chandra Prakasah Malik	15,000
Dr. Santhi	15,000
Padmaja Aravindan	15,000
Babu Prasad	15,000
Ketan Mehta	15,000
Anand K	15,000
Abhishek Chatterjee	14,000
S.Kasi Viswanathan	14,000
Nithya Malli	14,000
Biswaranjan & Tripti Sengupta	13,649
Manas Kumar Pakrasi	13,649
Veena Kapoor	13,648
Anjali Deobhakta	13,500
Trishala Jain	13,500
Banani Mukherjee	13,398
Sivasubraamanian Venkatraman	13,183
Jyotsna Rege	13,000
Lalitha Iyer	13,000
Krishnaveni Bhat	13,000
Maria Aruna Ravel	13,000
Ramani Raja	13,000
Dhivakar	13,000
Thendral Shg	13,000
Prema Bai V	12,800
Nagarthna	12,649
Arun Rau	12,600
Hemlata Ajgaonkar	12,500
Pradeep Darna	12,500
Jogeshwari Centre	12,500
Punitha N Sabapathy	12,500
Kasi Viswanathan	12,500
T. Sasi Rekha	12,500
Manjunath Kadam	12,150
B D M Sastri	12,149
Mangeram Agarwal	12,149



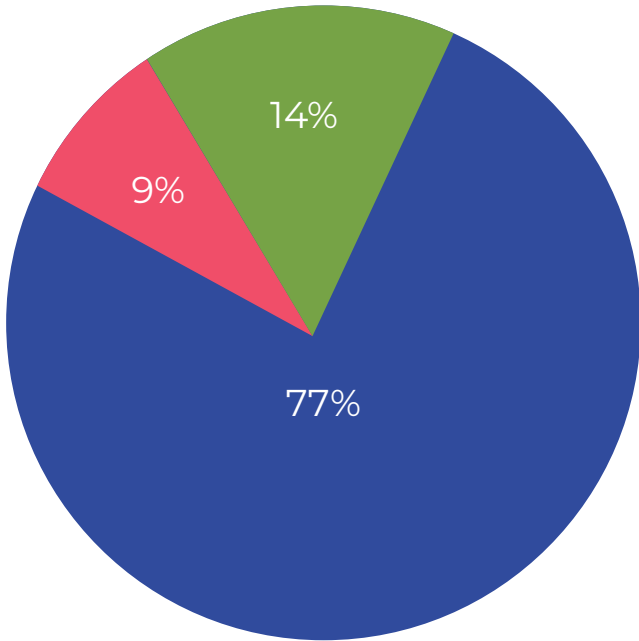
OUR SUPPORTERS

Name	Amount (INR)
Veena Kharbanda	12,141
Gita Rai Choudhury	12,000
Avdesh Kumar Mangal	12,000
Mrs. Girija Natarajan	12,000
Sevanthi Rao	12,000
Prathima Rao	12,000
Anusuiya Shetty	11,500
Laj Talreja	11,500
Pramila Lamba	11,500
Prema Kotian	11,500
Shobha Kamat	11,500
Sushma Thukral	11,500
Jeanne Mathias	11,500
Savita Kotian	11,500
Kanchana Chandraseka	11,500
Latha Jayaram	11,500
Rajeswari Vinayakan	11,500
Vinod Vermani	11,250
Madhuri Sarangpani	11,000
Vandana Bhagat	11,000
Bharati Ravindra Jagrap	11,000
Shashikala S Kadam	11,000
Neelam Sharma	11,000
Vani	11,000
Premalatha Bhat	11,000
Sandhya Arora	11,000
Barun Kumar Das & Khela Das	10,849
Ankush Gawand	10,500
Subhash Ravaiya	10,500
Prema Amin	10,500
Gayatri Honavar	10,500
Shobha Rao	10,500
Sujata Nath	10,500
Bina Poojary	10,500
Jyoti Keswani	10,500
Rajni Sharma	10,500
Sunita Chaudhary	10,500
Cecelia Fernandez	10,500
Nirmala Subramanian	10,500
Bhavna Bhatia	10,500

Name	Amount (INR)
Alina Carvelho	10,500
Nutan Dalvi	10,500
Alka Dalvi	10,500
Anjali Dalvi	10,500
Kunda Girkar	10,500
Shaila Bagwe	10,500
Shernaz Randelia	10,500
Jimmy Dordi	10,500
Balwant Singh	10,500
Inbavalli K	10,500
M Jayaraman	10,500
Sudesh Sharma	10,500
Saraswathi Rao	10,500
Ashwin & Mita Jhaveri	10,400
Pranay Bipin Jhaveri	10,141
Chandar N	10,141
Jayshree Sampat	10,141
Jayateerth Joshi	10,141
Tarun Shetty	10,141
Suparna Gupta	10,001
Arvind Kumar	10,000
Maharukh Katrak	10,000
Rajni S Diwan	10,000
Arun Kumar Rai	10,000
Amal Ghosh	10,000
Jeanette M Saldanha	10,000
Chembur Centre	10,000
Joaquim Dsouza	10,000
Mary George	10,000
Vasanti Rane	10,000
Mridula Deshpande	10,000
A K Choudhury	10,000
Arun & Sonali Chakraborty	10,000
Arupendu Chandra	10,000
M. H. Nahar	10,000
Dr. Arijit Audhya	10,000
Mrs. Lakshmi D	10,000
Balaraman	10,000
Geetha Viswakumar	10,000

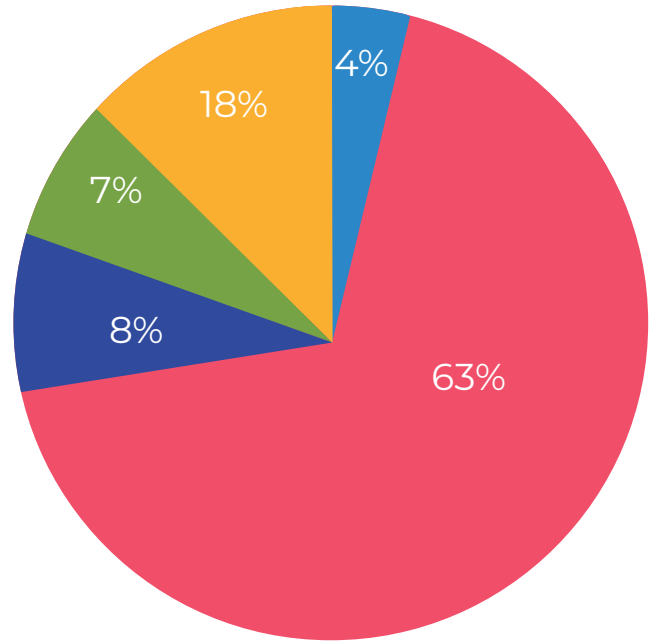
FINANCIAL PERFORMANCE AT A GLANCE

Income



- Donations
- Membership Contributions
- Income From Other Sources

Expenses



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

Income	Amount (In ₹.)	%
Donations	5,33,22,360	77%
Membership Contributions	96,19,171	14%
Income From Other Sources	59,21,708	9%
Total	6,88,63,239	100%

Expenses	Amount (In ₹.)	%
Educational	26,12,613	4%
Medical Relief	4,48,77,976	63%
Relief Of Poverty	52,77,387	7%
Other Charitable Objects	55,33,748	8%
Administrative Expenses	1,26,26,767	18%
Total	7,09,28,491	100%

**AUDITOR'S REPORT
TO THE MEMBERS OF BOARD OF TRUSTEE OF
DIGNITY FOUNDATION
P T R NO.: - F 19856 (BOM)**

Opinion

We have audited the financial statements of Dignity Foundation which comprise the Balance Sheet as at 31st March, 2025 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 our 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 2025 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 our 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 we 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, we exercise professional judgment and maintain professional skepticism throughout the audit.



8 - Ambalal Doshi Marg, Fort,
Mumbai - 400 001 INDIA
Tel. : + 91 -22 - 22654882 / 22651737
Fax : + 91 - 22 - 22657093
Email : bdj@bdjokhakar.com
Website : www.bdjokhakar.com

1. We further 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, 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, 2025; and
 - (b) In the case of the Income and Expenditure Account, of the excess of expenditure over income 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,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 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 and immovable property is maintained on computer and we are informed that the changes in landed properties have been communicated to the Regional Office, and there were no defects or inaccuracies mentioned in the previous audit report.
 - 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) No amount which is due is outstanding for more than one year except disclosed in financial statements and no amount have been written off as bad during the year under audit.
 - i) There are parties to whom contracts for construction and repairs exceeding Rs.5,000/- were given on basis of rate contract for which no tenders were invited as the Trust contends that it being in a remote area there are not enough service providers as required.
 - j) No trust money has been invested contrary to the provisions of Section 35.



B. D. Jokhakar & Co.

- 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 Board of Trustees has any interest in the investment of the Trust.
- s) None of the Board of Trustees is a debtor or creditor of the Trust.
- t) No irregularities were pointed out by the Auditors in the accounts of the previous years.

For B. D. Jokhakar & Co.
Chartered Accountants
FRN No: 104345W



Raman H. Jokhakar
Partner

Membership No 103241

UDIN: 25103241BMJWX8351



Place: Mumbai
Date: 20th September 2025

SCHEDULE VIII

[Wider rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**
Balance Sheet as at **31st MARCH, 2025**

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	10,10,501	57,41,649	Less : Depreciation up to the date		NIL	
<u>Other Earmarked funds -</u>				Add : Capital W.I.P			
<i>(Created under the provisions of the trust-deed or scheme or out of the income)</i>						NIL	NIL
Depreciation Fund			NIL	<u>Investments -</u>			
Sinking Fund			NIL	Fixed Deposits with Bank		Sch IV	65,74,821
Reserve Fund			NIL	Mutual Fund Units			10,86,101
Any other Fund	Sch II		22,91,051	<u>Fixed Assets-</u>			
<u>Loans (Secured or Unsecured) -</u>				Balance as per last balance-sheet		Sch V	54,18,731
From trustees (Unsecured, Interest Free from Dr. Sheilu Sreenivasan)			56,00,000	Additions during the year			29,19,719
From others			NIL	Less: Sales / Written off			4,59,139
<u>Liabilities -</u>				Depreciation up to the date			10,27,306
For Expenses		45,24,553		<u>Loans (secured or Unsecured)-</u>			
For Advances	Sch III	9,11,447	67,72,516	Loans scholarships			
For Sundry Credit Balances		13,36,516		<u>Advances</u>			
<u>Income and Expenditure Account</u>				To Trustees			
Balance as per Last Balance Sheet		21,48,580		To Employees		Sch VI	
Less : Appropriation, if any				To Contractors			
Less : Deficit as per Income & Expenditure A/c		(20,65,252)	83,328	To Lawyers			
Add: Surplus		-		To Others			2,86,058
				<u>Security Deposits</u>		Sch VII	23,21,800
Branches / Chapters	Sch X		NIL	<u>Income Outstanding -</u>			
Notes to Accounts	Sch XVII			Rent		Sch VIII	8,009
				Interest (Accrued)			3,67,157
				Other Income (Outstanding)			3,75,166
				<u>Cash and Bank Balance</u>			
				(a) Cash			
				(a) In Bank A/c		Sch IX	29,92,593
				(b) With the trustee			NIL
				(c) With the manager			NIL
				(d) Cheques on hand			29,92,593
Total Rs.			2,04,88,544	Total Rs.			2,04,88,544

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. Jokhakar & Co.**
Chartered Accountants
FRN 104345W

Dr. Sheilu Sreenivasan

Mr. Gopal Srinivasan

Mr. Pranay Vakli

Raman H. Jokhakar

Date: 20th September, 2025
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakli
Trustee

Raman H. Jokhakar
Partner, Mem. No. 103241



20 SEP 2025

SCHEDULE IX

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**
Income and Expenditure for the year ending : **31st MARCH, 2025**

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		1,47,695	
To Establishment expenses		Sch XV	1,12,03,045	Fixed Deposit		2,05,333	
				Capital Gain - Mutual Fund Units		3,08,753	6,61,781
To Remuneration to trustees			NIL	By Dividend			NIL
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any.			NIL	By Donations in cash or kind			5,33,22,360
				By Grants			NIL
To Legal & Professional expenses			2,18,216	By Income from other sources			
To Audit fees			1,78,200	Income from Events & Activities		Sch XIII	1,48,13,807
				Miscellaneous Income		Sch XIV	65,291
To Depreciation		Sch V	10,27,306				1,48,79,098
To Amount Written Off				By Transfer from Reserve			NIL
(a) Bad Debts			NIL	By Deficit			20,65,252
(b) Loan Scholarship			NIL	(carried over to Balance Sheet)			
(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			26,12,613				
(c) Medical Relief		Sch XVI	4,48,77,976				
(d) Relief of poverty			52,77,387				
(e) Other Charitable Objects			55,33,748				5,83,01,725
To Surplus (carried over to Balance Sheet)			NIL				
Total Rs.			7,09,28,491	Total Rs.			7,09,28,491

For Dignity Foundation

Dr. Sheelu Sreenivasan

Dr. Sheelu Sreenivasan
Trustee

Mr. Gopal Srinivasan

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakil

Mr. Pranay Vakil
Trustee

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

Raman H. Jokhakar

Raman H. Jokhakar
Partner, Mem. No. 103241

Date: 20th September, 2025
Place: Mumbai



20 SEP 2025

DIGNITY FOUNDATION

SCHEDULE XVII

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2025

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 the 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 an accrual basis, as applicable. Interest amounting to Rs. 41,858 is booked as accrued interest.

3. Fixed Assets

Fixed assets are carried at the 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 the 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 the Income Tax Act, 1961, and is 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 the 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 the Balance Sheet as Earmarked Funds / Capital receipts until they are utilized. Upon utilization, a proportionate amount is transferred to Income & Expenditure as Donations.
4. Donations 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 an accrual basis based on time proportion, taking into account the amount deployed and applicable interest rates.
8. The trust Chai Masti Membership for which it collects advance Membership fees ranging from 1 year to 5 years from the members. Only fees pertaining to the current year are recognized as income, and the balance amount is reported as a liability.
9. 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 the current year are recognized as income, and the balance amount is reported as a liability.
10. Balances of Sundry Debtors and Creditors are subject to confirmation, reconciliation, and adjustments, if any.
11. 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 the 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 the Public Charitable Trust until further judgment, the trust has not deposited the contribution with the Charity Commissioner's 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 *lifestyle*

*A hassle-free Retirement Township.
Not an Old Age Home.*



ANNUAL REPORT 2024-25

BOARD OF TRUSTEES



DR. SHEILU SREENIVASAN



GOPAL SRINIVASAN



PRANAY VAKIL



MAHAKHURSHID
BYRAMJEE



ARUNA SHAH



VAIJAYANTI GUPTÉ



MANISHA
PARTHASARATHY

ACTIVITIES OF THE YEAR

- Music sessions were conducted twice every month to promote relaxation, cognitive stimulation, and joy among residents. These sessions created a peaceful and engaging atmosphere, encouraging participation through singing.
- Popular films and classic cinema were screened twice a month, offering entertainment and shared experiences. Residents looked forward to these relaxed and engaging sessions that stimulate conversations and nostalgic memories.
- Regular yoga sessions conducted twice a week focused on gentle movement, flexibility, breathing techniques, and mindfulness. Residents participated actively, contributing to improved mobility and overall wellness.
- Birthday celebrations were hosted monthly to recognise and celebrate residents' birthdays with cake-cutting, music, and a lot of camaraderie. A grand celebration was held for the birthday of our lovable resident, Pushpa Vaidya, entering in her 100th year.
- Housie sessions provided entertainment and mental stimulation. The monthly game helped foster friendly competition and excitement among the residents.
- Residents celebrated Lord Krishna's birth with traditional 'dahi handi' festivities and devotional bhajans. The event was filled with energy and music.
- The five-day Ganesh Chaturthi cultural and spiritual programme included daily prayers, group games, interactive activities, and devotional singing sessions. This event brought residents together through shared rituals and joy.
- Independence Day and Republic Day were marked with flag hoisting, cultural programmes, and resident participation to honour our national pride.
- Residents celebrated Makar Sankranti by flying kites and engaging in fun cultural trivia related to the harvest festival.
- Diwali was celebrated with the residents



ACTIVITIES OF THE YEAR



decorating clay lamps with colours and glitter, bringing a personal touch to the festive ambience. A special music programme titled 'Gaane Sune – Ansune' by Viraf Daruwala and Shiraz on October 28 elevated the spirit of the festival with timeless melodies.

- A candlelight dinner was organised on the occasion of Christmas. The event featured a beautiful musical performance by Savio and Sharmila
- On September 16, residents received a flu vaccine with the assistance of the healthcare staff and local medical professionals. The initiative focused on preventive care and immune protection for seniors.

On January 24, a mental wellness session titled 'Managing Emotions' was conducted by KRK Moorthy, offering residents tools and insights on emotional health and stress management.

- A practical session by Kushaagra Innovations for housekeeping, attendants, and garden staff

focused on sustainable waste segregation and eco-friendly disposal practices, promoting environmentally responsible practices within the community.

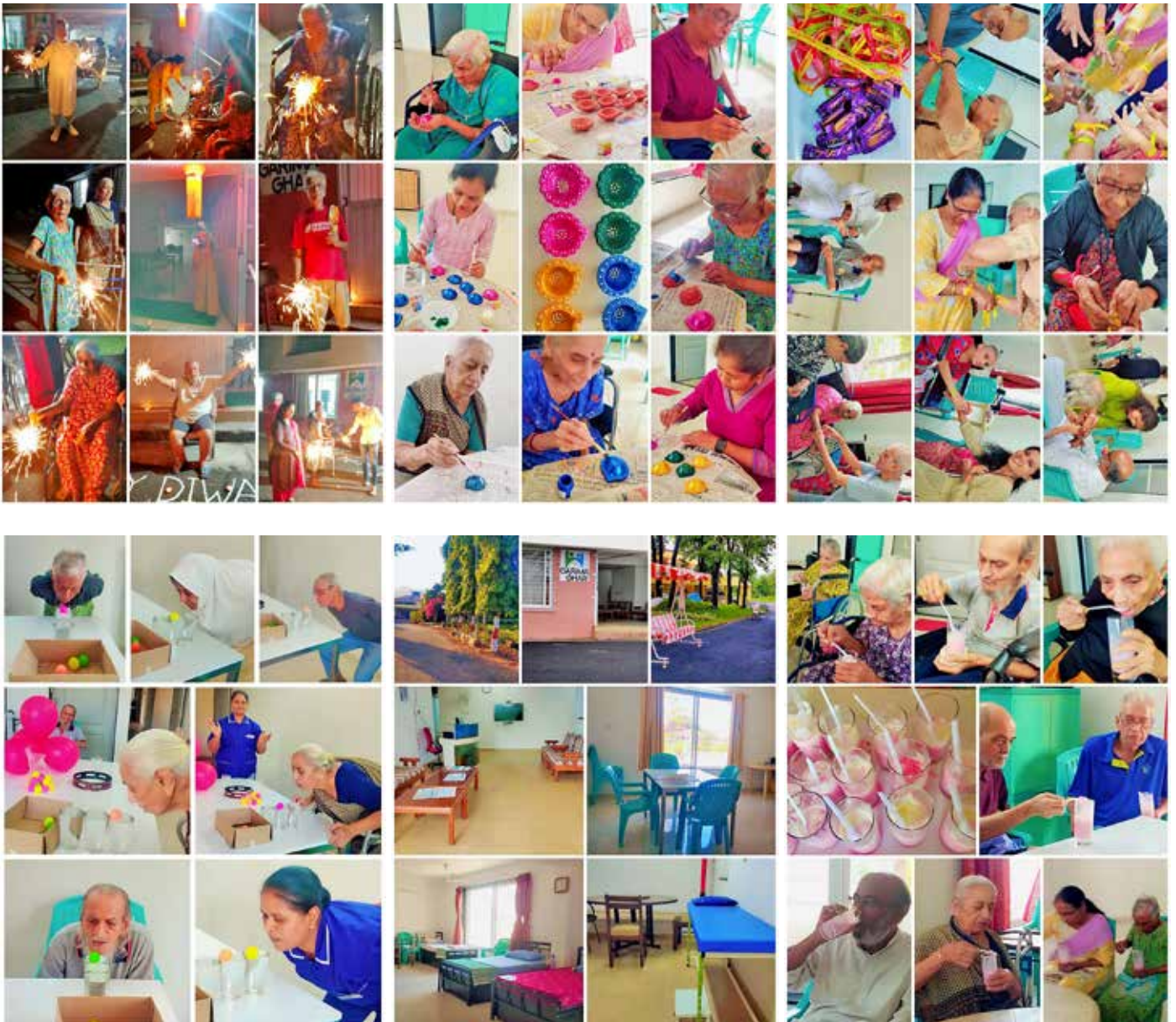
- A musical session led by Ramesh Narayan and his team on May 17 brought joy and harmony to the residents.
- Women's Day was celebrated with a heartfelt performance and gathering organised by Kuch Pal Dil Se Group, celebrating the strength and spirit of womanhood.
- Outings were organised on December 10 and January 8 to the Pegasus Lifestyle Resort and the Palasdari Math, respectively. Both are in Karjat.
- On January 26, a super deluxe block was inaugurated by DF Founder President Sheilu Sreenivasan and Alo Banerjee.
- On December 10, Phase 3, which includes four units of 1BHK and four units of 2BHK, was inaugurated by Hemalata Parekh.



ACTIVITIES OF THE YEAR

GARIMA GHAR

- Garima Ghar, a compassionate initiative of Dignity Lifestyle Trust, stands as a symbol of dignity, care, and belonging for senior citizens (60+) from underprivileged backgrounds. More than just a residence, it is a home where respect is restored and companionship replaces loneliness. With comfortable accommodation, nutritious vegetarian and Jain meals, and thoughtfully planned activities, every resident is encouraged to live with comfort, security, and self-worth.
- The year 2024–2025 was a beautiful journey of celebration and connection. It began with cheerful Housie games and a meaningful Mango Tree Plantation on World Environment Day on 5th June 2024, nurturing both joy and responsibility. Festivals brought color and warmth into everyday life — Raksha Bandhan strengthened bonds, and Dusshera (Saraswati Pooja) invoked blessings of wisdom.
- Makar Sankranti filled the skies and hearts alike with Kite Making and Kite Flying activities, where creativity soared high with every handmade kite.



ACTIVITIES OF THE YEAR

During Diwali, residents expressed their artistic spirit through Diya Painting, lighting up Garima Ghar with handmade lamps symbolizing hope and positivity.

- International Men's Day on 19th November 2024 was joyfully celebrated with a Falooda-making activity that sparked laughter and teamwork, while International Women's Day was honored with a soulful musical programme dedicated to strength and grace. A refreshing picnic to Royal Karjat Camp offered unforgettable moments of relaxation and bonding.
- The New Year 2025 began on a healthy note

with regular Yoga Sessions promoting physical and mental well-being. Patriotic celebrations on Republic Day, themed music sessions, outdoor football and cricket matches, D-Mart visits, and festive gatherings ensured that every month carried its own special memories.

- Celebrating Garima Ghar's 2nd Anniversary was a proud milestone — a reflection of growth, unity, and the collective spirit of residents and staff.
- At Garima Ghar, each day is lived with purpose, laughter, and shared humanity. It is not merely a place to stay — it is a family where dignity shines and every life continues to bloom with hope.





OUR SUPPORTERS

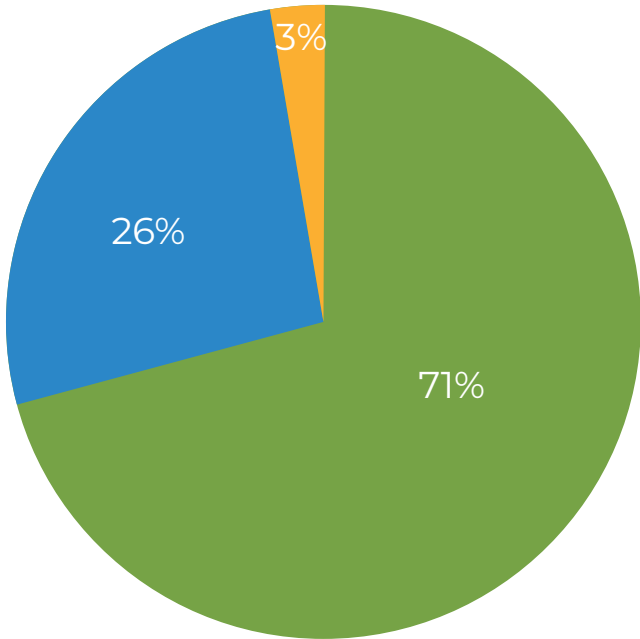
DIGNTIY LIFESTYLE TRUST

Name	Amount (INR)
Priyogovind R Banerjee	2000000
Nilesh Arvind Parekh	1500000
Vinay Bose	1500000
Capricon Realty Pvt.Ltd.	1325857
Ramkumar Krishna Moorthy	1300000
Alphonso Elvira	1300000
Tukaram Keshav More	800000
Sudhir Sadashiv Jambhekar	800000
Jayant Mohanlal Parekh	700000
Kawaljit Kaur Reen	700000
Zuhair Taher Nabee	700000
Dr. Sini Panicker	700000
Neeraj Jain	700000
Neela Sharad Dange	700000
Rita Rodrigues	650000
Armand Rodrigues	650000
Nancy Vaz	650000
Neville J Vaz	650000
Onward Technologies Limited	500000
Kunal B Marjadi	400000
Aurobindo Banerjee	400000
Indrani Banerjee	400000

Name	Amount (INR)
Amar Krishnalal Shridharani	400000
Pratima Pravin Thakkar Dattani	300000
Purvi Vishal Thakkar Dattani	150000
Saanya Vishal Thakkar Dattani	150000
Subramaniam Kasi Viswanathan	120000
Asha K Savant	104500
Girish N Thakkar	100000
Lalita D Gupte	100000
Ashish Mantri	98000
Life Line Hospital	41025
Manju Dilipkumar Tanna	30000
Samskar Shikshan Sangh	25000
Rhoda Doctor	20000
Dilipkumar D Tanna	20000
Yogesh Bansal	10000
Vinita Shridharani	8501
Ashokkumar Wadhwa	5000
T.K. Govindan	3000
Lalitha V	1931
Latika A Maini	1100
TOTAL DONATION	20713914

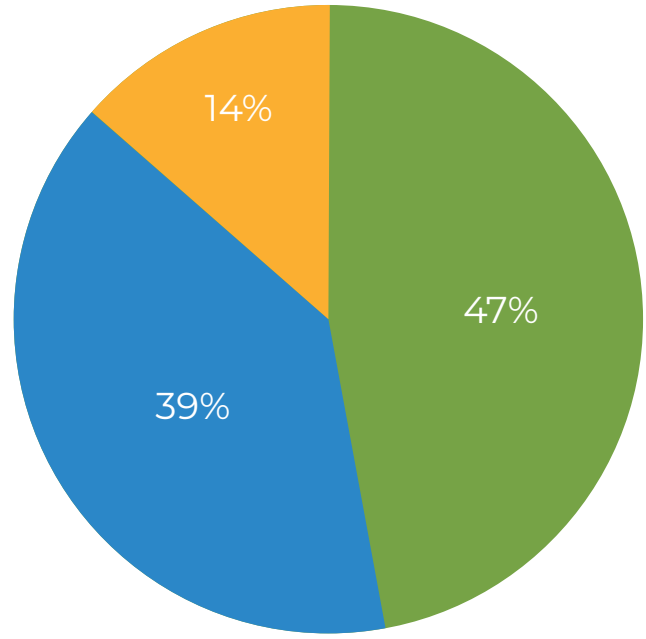
FINANCIAL PERFORMANCE AT A GLANCE

Income



- Contributions From Residents
- Donations
- Income From Other Sources

Expenditure



- Medical Relief
- Expenditure In Respect Of Properties
- Establishment Expenses

Income	Amount (In ₹.)	%
Contributions From Residents	5,10,40,808	70.88%
Donations	1,90,51,056	26.45%
Income From Other Sources	19,28,123	2.67%
Total	7,20,19,987	100%

Expenditure	Amount (In ₹.)	%
Medical Relief	5,02,96,357	47.13%
Expenditure In Respect Of Properties	4,19,21,171	39.26%
Establishment Expenses	1,45,37,062	13.61%
Total	10,67,54,590	100%

AUDITOR'S REPORT
TO THE MEMBERS OF THE GOVERNING BODY OF
Dignity Lifestyle Trust
(E/21722/Mumbai)

Opinion

We have audited the financial statements of **Dignity Lifestyle Trust**, which comprise the Balance Sheet as at 31st March, 2025 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 2025 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 my report. We are independent of the entity in accordance with the Code of Ethics issued by ICAI and we have fulfilled my 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



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Fax : + 91 – 22 – 22657093
Email : bdj@bdjokhakar.com
Website : www.bdjokhakar.com

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 my opinion and to the best of my 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 Lifestyle Trust** as at March 31, 2025; and
 - b. In the case of the Income and Expenditure Account, of the excess of expenditure over income for the year ended on that date.
- ii. Based on the information and explanations provided to us, and as per the books and records produced before us and to the best of our knowledge and belief, we further report that 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) :-



- 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 there are no amounts written off.
- i. There were tenders invited for repairs or construction involving expenditure exceeding Rs. 5,000/- as deemed appropriate by the management.
- 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. 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



B. D. Jokhakar & Co.

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 Trustees 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 Trustees is a debtor or creditor of the Trust except the Trust has received unsecured interest free loan from the Trustees for the purpose of objects of the Trust
- t. No irregularities were pointed out by the Auditors in the accounts of the previous year.

Place: Mumbai
Date: 20th September, 2025



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

Raman H. Jokhakar
Partner
Membership No.103241
UDIN: 25103241BMIWWM6302

SCHEDULE VIII
[Vide rule 17(1)]

Name of the Public Trust: **DIGNITY LIFESTYLE TRUST**
Balance Sheet as at: **31st MARCH, 2025**

Number of the Trust: **E / 21722 / Mumbai**

FUNDS AND LIABILITIES		Rs.		PROPERTY AND ASSETS		Rs.	
Trusts Funds or Corpus -				Immovable properties :-	Sch IV (Part A)		
Balance as per last balance-sheet		10,000,500		(Suitably classified giving mode of valuation)		263,256,941	
Adjustment during the year (give details)			10,000,500	Additions or deductions (including those for depreciation), if any during the year		315,000	
Other Earmarked funds -				Less: Depreciation for the year		26,357,192	237,214,749
(Created under the provisions of the trust-deed or scheme or out of the income)							
Depreciation Fund				Investments :-			
Sinking Fund	Sch I			Fixed Deposits with Bank			15,000,500
Reserve Fund				Mutual Fund			32,842,374
Any other Fund			6,677,295				
Loans (Secured or Unsecured) -				Furniture and Fixtures -	Sch IV (Part B)		
From trustees (Unsecured, Interest Free)	Sch II		327,245,890	Balance as per last balance-sheet		88,048,006	
From others				Additions during the year		6,882,487	
				Less: Sales during the year / W. off		29,138	
				Depreciation up to the date		9,587,285	86,314,070
Liabilities -				Loans (Secured or Unsecured)-			
For Expenses				Loans scholarships			
For Advances	Sch III	297,720		Other loans			NIL
For Rent and Other Deposits							
For Sundry Credit Balances		207,883,617	209,478,276				
		1,296,939					
Income and Expenditure Account -				Advances			
Balance as per last Balance Sheet		(153,534,772)		To Trustees	Sch V	NIL	
Loss: Appropriation, if any		1,561,773		To Employees		1,405,429	
Add: Surplus as per Income & Loss: Deficit Expenditure A/c		(34,734,603)	(186,717,602)	To Contractors		NIL	
				To Lawyers		NIL	
				To Others		4,416,833	5,822,262
				Income Outstanding -			
				Interest (accrued) SB			
	Sch XII			Rent		5,791	NIL
				Interest (Accrued)		2,868	NIL
				Other Income (Receivable from Residents)	Sch VI	8,082,438	8,101,097
Notes to Accounts				Cash and Bank Balance			
				(a) In Savings, Current A/c	Sch VII	2,589,307	
				(b) With the trustee		NIL	
				(c) With the manager		NIL	2,589,307
Total Rs.			366,884,359	Total Rs.			366,884,359

In case the accounts are maintained on cash basis, state the income outstanding here below: **Not Applicable**
Accounting Policies and Notes form and integral part of the Financial Statements.
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.

Sheelu Greenivasan

Date: 20th September, 2025
Place: Mumbai

For Dignity Lifestyle Trust
G. Pransay Vakil
Dr. Sheelu Greenivasan Trustee
Mr. Gopal Srinivasan Trustee
Mr. Pransay Vakil Trustee

As per our report of even date
For B.D. Jekhakar & Co.
Chartered Accountants
Firm 104345W
Raman H. Jekhakar
Raman H. Jekhakar
Partner, Mem. No. 103241



SCHEDULE IX

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY LIFESTYLE TRUST**
Income and Expenditure for the year ending : **31st MARCH, 2025**

Trust Regn. No. **E / 21722 / Mumbai**

EXPENDITURE		Rs.	Rs.	INCOME		Rs.	Rs.
To Expenditure in respect of properties -	Sch IX			By Rent- (accrued)			
Rates, taxes, cesses		894,640		(realized)			
Repairs and maintenance		14,669,339					
Insurance		-		<u>By interest-</u>			
Depreciation (by way of provision or adjustments).	Sch IV	26,357,192	41,921,171	on securities			
				on loans			
				on Bank Interest (accrued)	8,975		
To Establishment expenses	Sch X		4,711,038	On Bank Interest (realized)	718,983		727,958
To Remuneration to trustees				<u>By Dividend</u>			
				<u>By Donations in cash or kind</u>			
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any.							19,051,056
				<u>By Grants</u>			
To Legal & Professional expenses				<u>By income from other sources</u>			
To Audit fees			165,200	Income from Residents at Neral	51,040,807		
				Miscellaneous income	1,200,166		52,240,973
To Depreciation			9,587,285	<u>By Transfer from Reserve</u>			
To Amount Written Off				<u>By Deficit</u>			
(a) Bad Debts				(carried over to Balance Sheet)			34,734,603
(b) Loan Scholarship							
(c) Irrecoverable Rents			73,539				
(d) Other Items							
To Amount transferred to Reserve or Specific Funds			NIL				
To Expenditure on Objects of the Trust							
(a) Religious		NIL					
(b) Educational		NIL					
(c) Medical Relief	Sch XI	50,296,357					
(d) Relief of poverty		NIL					
(e) Other Charitable Objects		NIL	50,296,357				
Total Rs.			106,754,590	Total Rs.			106,754,590

Accounting Policies and Notes form and Integral part of the Financial Statements

Sheilu Sreenivasan

For Dignity Lifestyle Trust

G. Srinivasan

Pranay Vakil

Raman H. Jekhakar

Date: 20th September, 2025
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakil
Trustee

Raman H. Jekhakar
Partner, Mem. No. 103241



DIGNITY LIFESTYLE TRUST

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2025

A. OVERVIEW OF THE TRUST

DIGNITY LIFESTYLE TRUST is a Public Charitable Trust registered under the Maharashtra Public Trust Act, 1950. It was formed on 30th April, 2004 and holds the following registrations: -

- Maharashtra Public Trust Act vide Registration Number E-21722 (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

Dignity Lifestyle Trust is running a hassle-free retirement township and promoting active & productive living among senior citizens.

B. SIGNIFICANT ACCOUNTING POLICIES

1. Method of Accounting

The trust follows the cash system of accounting, except as otherwise stated. To match the income from Interest with Form 26AS, it is accounted on accrual basis, as applicable. Interest amounting to Rs. 8,975 is booked as accrued interest.

2. Income & Expenditure Account

- (a) Monthly charges received from residents towards housekeeping, food, security and other facilities are accrued as Income from Residents.
- (b) Expense incurred towards the object of the trust and other expenses are disclosed against relevant heads.

3. Fixed Assets

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

Assets under construction are shown under Capital Work in Progress account till the completion of the project, then the amounts are capitalized to respective heads of Fixed Assets. Assets received as donation in kind are shown at nominal value wherever

4. Depreciation

Depreciation on Fixed Assets is provided from the date on 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 vide Unique Reg.No. AAATD6208RE20185 dated 24.09.2021 of Income Tax Act, 1961 and is therefore entitled to claim exemption from tax u/s 11 of the Act

C. NOTES TO ACCOUNTS

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 has occupied land at Neral as a lessee and an unregistered lease agreement has been executed between the Dignity Lifestyle Trust and Byramjee Foundation (also a Trust) for a period of 99 years on 10th December 2014. Construction carried out on the said land has been capitalized and depreciation on the same has been claimed. Since the facility is fully constructed, thus property tax is charged on the constructed property.

3. Monthly charges & other deposits received from residents are disclosed under 'Rent and Other Deposits' -as a liability.

4. The trust has received Ear Marked Donations i.e. Donations with specific directions regarding its utilization. Such donations are treated as capital receipts and reported as such directly in Balance Sheet and upon their utilization and fulfillment of terms of sanction, they are transferred to General Reserve without transferring it to Income and Expenditure Account.

5. Amount of Rs. 32,72,45,890/- has been shown under the head Loans (Liability) in balance sheet as Unsecured loans from two Trustee's. The amount of Rs. 31,72,45,890/- has been received from Dr. Sheilu Sreenivasan and Rs.1,00,00,000 from Mr. Gopal Srinivasan. The Loan is given for the purpose of Construction of Assisted Living Centre (Dementia care centre) and other requirements of the Trust. The Loan has been given on interest free basis.

6. Amount of Rs. 3.11 Lakhs is shown as payable under the head provisions towards Contribution 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.

7. Balances of Receivables and Payables are subject to confirmation, reconciliation and adjustments, if any.

8. 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

9. Donations received with specific directions that they shall form part of the corpus fund of the foundation have been accounted accordingly.

10. Income from Investment is recognized on accrual basis based on time proportion taking into account the amount deployed and applicable interest rates.





VISION STATEMENTS

Dignity Foundation and Dignity Lifestyle are two organisations set up for the health, care and welfare of senior citizens since 30 and 19 years, respectively.

Sheilu Sreenivasan

Founder President, Dignity Foundation

I have a vision for the next five years i.e. 2025-30. Here are the single most important objectives we must aim for:

1. Doubling the number of DF Chapters (geographical expansion) is the way to increase the number of beneficiaries.
2. Initiating new services befitting the number of years of existence as a Trust – an action that ought to enable us to fathom the needs of senior citizens, and accordingly start new services. For example, all senior citizens need transportation for a four-hour period per day twice a week. Can we tie up with a specific transport company to provide need-based cars or vehicles to all our members? This will increase the confidence level of the senior citizens to venture out. This single service mitigates the incidence of loneliness by staying alone at home. If it's just one spouse, this service will be doubly beneficial.
3. The range of services we offer should spread across the four domains of senior citizens' life – physical, intellectual, social (connectedness) and spiritual. Naming these domains will give an even coverage of all aspects of their life.
4. Announce a contest for best suggestion of a new service—open to both members, staff, resource persons, and trustees with award money of Rs 5,000.

Felista Jose

Vice President, Dignity Foundation

Here is my vision statement for the next five years, 2025-30:

1. Achieve financial self-sustainability for each DF Chapter.
2. Get recognised as a leader in serving dementia patients.
3. Have a brand ambassador for each DF Chapter.
4. Engage in research and publish articles related to elderly care.
5. Increase the total number of beneficiaries served across India tenfold from the current figure.
6. Undertake projects aimed at benefitting underprivileged senior citizens across each DF Chapter.
7. Establish an academy for training caregivers, specifically for elderly individuals with dementia.

Gopal Srinivasan

Trustee, Dignity Foundation

Our objectives should include:

1. Peeping into the future and setting up a gold standard that must be achieved.
2. Create clarity and conciseness by being brief, clear and conclusive. We believe that clarity and brevity must be translated into action for the benefit of all senior citizens who are members of this family and that they understand, cooperate and live amicably for the benefit of one and all. Understanding and appreciating one another, and spreading love and warmth is the motto of this community.
3. Remain motivational, not forgetting the life that we have promised to senior citizens.
4. Prioritise the core values of belief, authenticity, compassion, achievement and community living.

The salient requirements for this group of senior citizens are:

- Every member must feel safe, that they are taken care of and that they live in an atmosphere of love, understanding and joy.
- Every member must feel valued and encouraged to contribute to improving relationships and motivated to participate in all religious and social functions, making them popular events that they can look forward to.
- Every member needs personalised care. Prompt medical attention and providing emotional support are essential for their morale and satisfaction, which gives them a state of inner happiness and appreciation for the services rendered by the staff.
- The residents must be kept mentally alert through meditation and physically fit through physical exercises like yoga, and long morning and evening walks. They should be encouraged to solve crossword puzzles, chess and other exercises for mental stimulation including improvement of memory.
- Top-class technology integration would be of immense benefit and satisfaction for senior citizens who would feel self-assured of their health and safety.
- To provide a home-like environment and encourage them to spend time in meditation, chanting of prayers, listening to discourses on spiritual subjects, and discussing subjects that are soothing to the soul and ennobling to the mind.
- Seniors must feel secured and all their physical and emotional problems must be quickly resolved for their satisfaction and their general happiness.
- The safety and wellbeing of the elderly are of paramount importance. They should never be ignored or their problems remain unresolved.
- Enhancing their quality of life is a 'sine qua non' for their physical wellbeing and mental satisfaction.
- They must feel valued and respected and lead a life of supreme happiness and independence.
- Picnics, visits to museums, zoos, and drama or cinema are excitements which they cherish.

To sum up, all the above will enhance their quality of life and increase their longevity. Dignity Lifestyle and Dignity Foundation must reflect traditional Indian values. The elderly must be placed on pedestals and respected, and they should feel as if they are at home.

Maitreyee Mukherjee

Chapter Head, Kolkata

Here is a brief outline of our vision for the Kolkata Chapter:

- **Age-Friendly Spaces:** Create more welcoming, accessible, and engaging centres for seniors.
- **Health and Wellness:** Partner with local hospitals to offer regular health check-ups, yoga, and mental wellness sessions.
- **Intergenerational Bonding:** Launch programmes in collaboration with schools and colleges to foster relationships between the youth and the elderly.
- **Digital Inclusion:** Offer basic digital literacy classes to help seniors stay connected and self-reliant.
- **Homebound Support:** Strengthen outreach to homebound seniors through regular visits and emotional care.
- **Local Fundraising:** Organise community events and develop partnerships to support financial sustainability.
- **Volunteer Training:** Build a trained and compassionate volunteer base dedicated to elder care.
- **Storytelling and Visibility:** Showcase seniors' stories, talents, and contributions to promote dignity and positive ageing.
- **Charitable Dispensary:** Set up a low-cost or free dispensary to provide basic medicines and consultations for our members.

Leslie Dsouza

*Resident Manager & Head of Finance
Dignity Lifestyle Trust*

At the heart of our vision lies a commitment to sustainable, dignified, and enriched living for our senior residents. We believe that every step we take today should contribute not only to the comfort of our community but also to the wellbeing of the planet we all share. In support of the Government of India's ambitious renewable energy goals of achieving 500 GW capacity by 2030, we have a vision to install 185 KW solar energy system at our campus and we are working tirelessly to generate donations to support this project.

This initiative reflects our responsibility toward environmental conservation — reducing greenhouse gas emissions, lowering our carbon footprint, and promoting long-term energy sustainability. This initiative supports not only the planet but also the quality of life for our residents by promoting a healthier and more sustainable environment. In addition, we are envisioning the development of new accommodation in the upper portion of the gradient starting near the old water tank.

This project will bring to life 48 thoughtfully designed independent cottages for senior living. They will be designed to foster community engagement, resident safety, and enhance the overall ambience of the campus. The project also includes layout modifications and open space beautification to further improve the design efficiency and living comfort. Together, these projects reflect our holistic vision: create a nurturing, future-proof environment where sustainability meets comfort and where every senior citizen can live with dignity and purpose.



Dignity Foundation

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