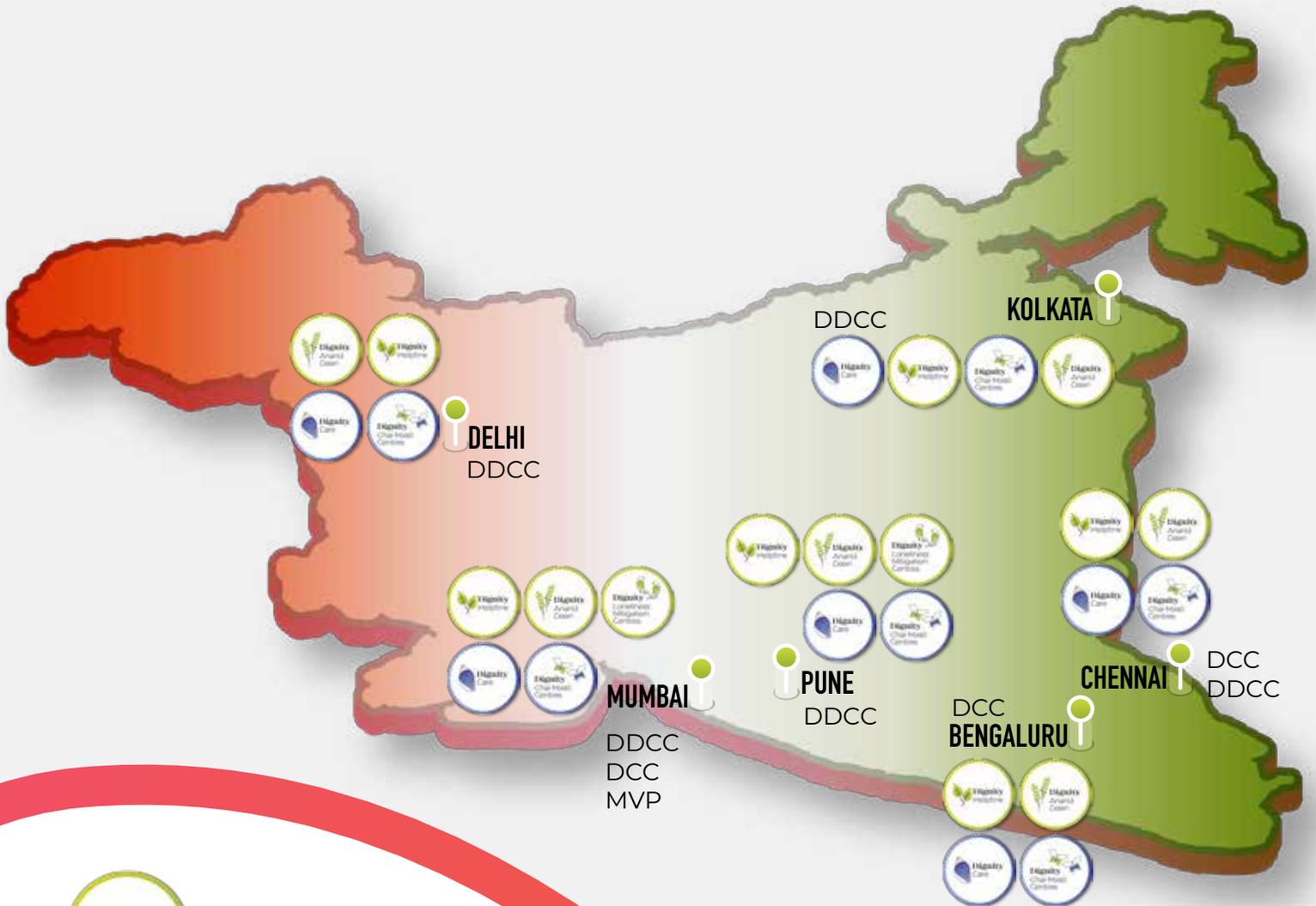




Annual  
Report | 2023

# Programme Outreach

AT THE TIME OF PRINT



Helpline Services



Chai Masti Centre (24)



Ration Donation (Anand Daan)



DCC (Day Care Centre) (3)  
DDCC (Dementia Day Care Centre) (5)  
MVP (Mobile Physiotherapy Van) (1)



Loneliness Mitigation (6)

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## Our Vision

To change the way people look at Ageing in India.

## About Us

## Our Mission



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



## Our Strategy

### DIGNITY CARE SERVICES

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

### DIGNITY LONELINESS MITIGATION SERVICES

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

### DIGNITY SUPPORT SERVICES

- Dignity 24\*7 Tollfree Helpline  
**1800 267 8780**
- Dry Ration Kit Distribution to Poor Elderly (Anand Daan)

India is rapidly urbanising and its population is quickly adopting the newest trends – be it in technology or manufacturing or logistics. At this rapid pace of change, while the youth prepare for a prosperous future, our elderly are unable to keep pace with the speed of change. Sadly, our elderly are also at the receiving end of the harshest consequences of these changes.

For example, long working hours or migration for livelihood leave the elderly parents lonely and neglected. Many times, parents are left to their fate when the costs of feeding and keeping the family become unbearable. Mental health issues like anxiety, depression and dementia never get discussed in households since the youth are busy solving pressing issues of day-to-day survival.

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

Hence, Dignity Foundation creates safe spaces for senior citizens where they re-discover their voice and their needs. By keeping them productively engaged through various age-appropriate activities, the elders find a new meaning to their 'golden years', truly making them an enjoyable phase of their life.

To empower the senior citizens who are distressed or abused, we provide support services like the elder helpline or dry ration support. To care for the physical and mental needs of the elderly, we also run various health-focussed programmes through which we have witnessed a marked improvement in the wellbeing of the beneficiary.

# Trustee's Message

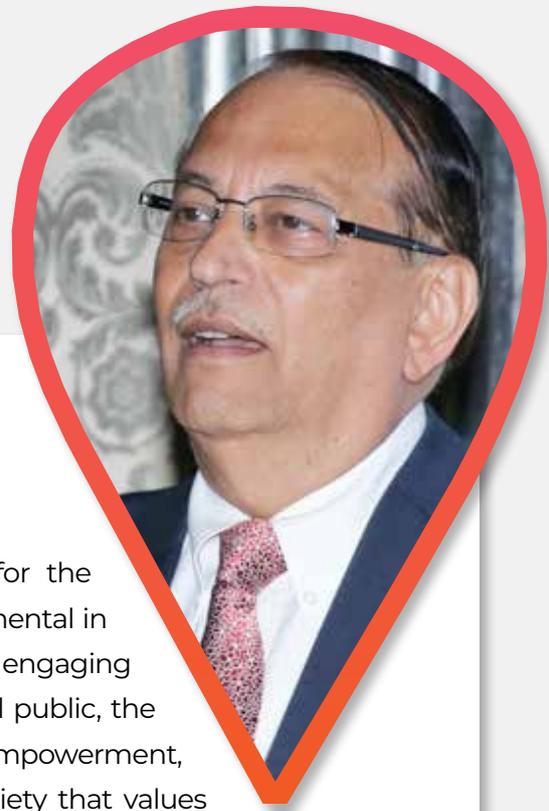
## Empowering Lives... With Dignity

It is with great pleasure and a deep sense of pride that I present this foreword for the annual report of Dignity Foundation. As a trustee, I have had the privilege of witnessing first-hand the incredible impact that this organisation has had on the lives of countless individuals.

Dignity Foundation has always stood as a beacon of hope and compassion, working tirelessly towards its mission of promoting the well-being and dignity of senior citizens. In an era where ageism and neglect remain persistent challenges, Dignity Foundation has been at the forefront, spearheading initiatives that bring joy, purpose, and a renewed sense of belonging to the lives of our senior community.

Over the past year, despite the unprecedented challenges posed by the global pandemic, Dignity Foundation has demonstrated unwavering resilience and adaptability. The organisation swiftly pivoted its programs and services to ensure the safety and well-being of our seniors, while still maintaining a strong commitment to their holistic development. In particular, the initiatives during the year of starting Dementia Day-care centres in Mumbai, Pune and Gurgaon, introduction of the Physiotherapy Vans in Mumbai are worth a mention

One of the key strengths of Dignity Foundation lies in its multi-faceted approach to addressing the needs of seniors. The organisation's comprehensive range of services includes Loneliness mitigation, The Chai Masti centres, the Dignity Dialogue magazine, community engagement activities, and support systems that provide a nurturing environment for seniors to thrive. By embracing a person-centric approach, Dignity Foundation recognizes the unique talents, experiences, and aspirations of each individual, fostering a sense of purpose and self-worth. The Freedom Fiesta which got over 300 delegates from all over India is a real feather in the cap.



Furthermore, Dignity Foundation's tireless advocacy for the rights and well-being of senior citizens has been instrumental in shaping policy and driving societal change. By actively engaging with policymakers, community leaders, and the general public, the organisation has championed the cause of senior empowerment, challenging age-based stereotypes and fostering a society that values and respects its older members. In particular, the contribution of our Managing Trustee Dr. Sheilu Sreenivasan is not only commendable but rightfully recognised by the Government

This annual report showcases the incredible achievements of Dignity Foundation over the past year, underscoring the organisation's commitment to transparency and accountability. It highlights the impact of various programs, initiatives, and collaborations, offering a comprehensive overview of how Dignity Foundation continues to be a catalyst for positive change in the lives of our seniors.

As we navigate the challenges and opportunities that lie ahead, I am confident that Dignity Foundation will continue to break new ground, innovate, and adapt to the evolving needs of our senior citizens. With an unwavering dedication to excellence and an indomitable spirit, the organisation will forge ahead, building a future where every senior citizen can live a life of dignity, purpose, and fulfilment.

I extend my heartfelt gratitude to the dedicated team at Dignity Foundation, the volunteers, donors, and my colleagues on the Board who have played an invaluable role in bringing about positive change. In particular, the leadership role played by Sujay, our COO ably assisted by Javed, Fazilat and others has contributed to the years success. Together, we can create a society that truly values and cherishes the wisdom, experience, and contributions of our senior citizens.

May this annual report inspire us all to redouble our efforts in empowering lives and embracing dignity.

Sincerely,

Mr. Pranay Vakil,  
Chairman, Praron Consultancy India Pvt. Ltd.

# Board of Trustees | AT THE TIME OF PRINT



**DR. SHEILU SREENIVASAN**



**MR. GOPAL SRINIVASAN**



**DR. VAIJAYANTHI PANDIT**



**MR. PRANAY VAKIL**



**MRS. SWETA VAKIL**



**MR. RAGHU MODY**

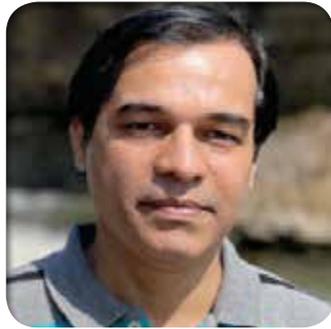


**MS. LULU RAGHAVAN**

# Our Team | AT THE TIME OF PRINT



**DR. SHEILU SREENIVASAN**  
Founder President



**DR. SUJAY JOSHI**  
Chief Operating Officer



**JAVED SHEIKH**  
Manager,  
Strategic Partnerships



**LESLIE D'SOUZA**  
Head of Finance &  
Accounts



**FAZILAT MALKAPURWALA**  
Manager, Digital  
Marketing  
& Communications



**MOHIT GAWDE**  
Manager,  
Administration



**BRINDA RAMESH**  
Chapter Head,  
Bengaluru



**FELISTA JOSE**  
Chapter Head,  
Chennai



**RUMA CHATTERJEE**  
Chapter Head,  
Kolkata



**AMIT BISHT**  
Chapter Head,  
Delhi NCR



**ROOHI NAJIYA**  
Chapter Head,  
Pune



**MERITA JOSEPH**  
Deputy Manager,  
Chennai



**MERLIN REMEDIOS**  
Manager, Bengaluru  
Day Care Centre



**AKSHAY MORE**  
Manager,  
Mumbai Day Care Centre



**DILIP CHAUHAN**  
Coordinator,  
Ananda Yaan



**RITA DESAI**  
Coordinator, Loneliness  
Mitigation Centre

# Chapter Advisory Committee

## CHENNAI

- Sundera Gopalan
- T C Ragupathy
- N C Krishnaswamy
- Rukmani Somasundaram

## DELHI NCR

- Air Marshal Naresh Verma
- Col. Prakash Tewari
- Rita Wilson
- Dr. Sonia Bhatia
- Dilip Chenoy
- Ajit Sinha
- Lov Verma

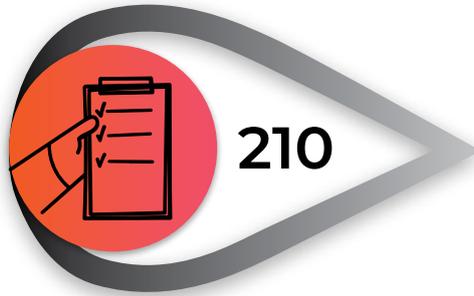
## PUNE

- Gopal Asthana
- R. Ramaprasad
- Thomas Kurian
- Jamil Shaikh
- Abha Choudhuri
- Geeta Subharam
- Soonnu Marker
- Supriya Banerjee
- Shyamala Shrinivas
- Vijaya Chakravarty





**Ration Kits distributed**  
to Poor senior citizens



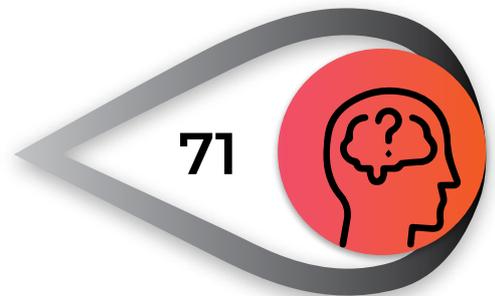
Poor elders enrolled  
in **Day Care Centres**



**Mid-day meals served to**  
poor senior citizens



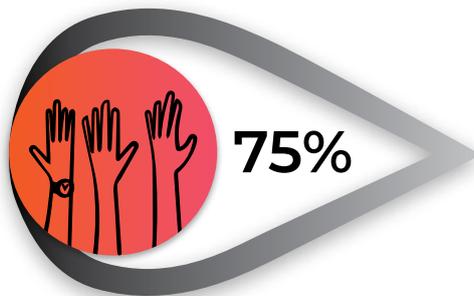
Poor elders enrolled in  
**Loneliness Mitigation**  
Centres



Elders living with Dementia  
enrolled in **Dementia Day**  
Care Centres



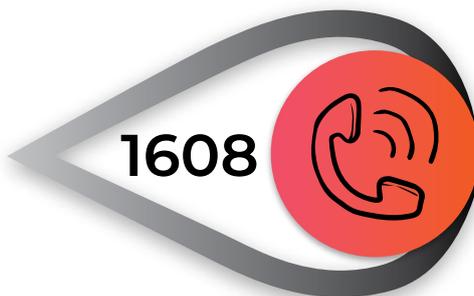
Elders enrolled in **Chai Masti**  
Centres



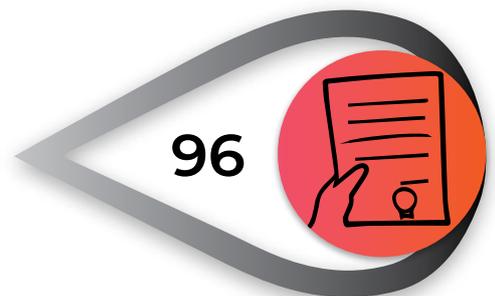
**Average attendance**  
across Programmes



Poor elders **receiving**  
**doorstep Physiotherapy**  
services



**Elder Helpline calls received**



Poor elders **linked to**  
**Government Schemes**





# Dignity Freedom Fiesta

INDIA'S LARGEST RESIDENTIAL  
EVENT OF, FOR AND BY SENIOR  
CITIZENS!

In celebration of India's 75th Independence Day, in August 2022, Dignity Foundation conceived the idea of India's largest residential event of, for and by senior citizens. The objective was to not only pay tribute to our motherland, but to also reinforce and emphasize the invaluable contributions that our elderly citizens have made to nation building.

Over 200 senior citizens – men and women – from all over India gathered at Dignity Lifestyle Retirement Township from August 13 to August 16, where they were hosted in luxury cottages and served local delicacies. The participants witnessed a two-day power-packed programme of Dignity Foundation's tireless work for the welfare of the elderly across India along with mesmerising cultural performances like dance, music, drama, poetry, fashion show, etc. conducted by the senior citizens themselves.

A motivational speech by Mr. Umesh Upadyaay reinforced positivity in the participants, in-campus shopping experiences brought joy to them and witnessing the talent of the senior citizens was a sheer joy!

Early morning on August 15, the Indian flag was hoisted with pride by Founder President Dr. Sheilu Sreenivasan as the Dignity Foundation staff and members along with Dignity Lifestyle staff and residents stood in attention; their eyes damp with tears of joy and their hearts swelling with patriotism.

It was a truly memorable experience for all the participants.

# Programmes



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





## GERIATRIC DAY CARE CENTRES

Geriatric Day Care Centres have been initiated by Dignity Foundation since 2016, however this still remains a novel concept. Our centres in Mumbai, Bangalore and Chennai have become watering holes for the neglected, lonely, anxious, depressed and abandoned senior citizens living in the surrounding urban slum area. Operating full-time from Monday to Friday, 10 am to 4 pm, these centres provide not just social stimulation to its members, but also access to skill and knowledge building sessions, nutritious mid-day meals and nutritious drinks, regular health check-up and physical exercises and need-based additional nutritional and medical support. Centre managers also visit members' homes to ensure their safety and wellbeing at their homes.



VIJAYANAGAR, BENGALURU



MULLIMA NAGAR, CHENNAI



JOGESHWARI, MUMBAI







## VIJAYANAGAR, BENGALURU



A literacy training programme was held for members to educate them and enable them to write their names and learn the basic skills of reading, writing and numeracy. Members took active part in the classes which were conducted all five days of the week.



Simple Cardio workouts, Laughter Yoga therapy and simple Yogasanas were conducted. Most members gave wonderful feedback and could witness tremendous changes in their health.



Members were engaged in craft activities like Quilling art, Vegetable carving, Bouquet making, Greeting Card making, Spring crafts, best out of waste, etc.



Other activities enjoyed by members include Singing, Dancing, Quiz and Storytelling. Members also participated in weekly Bhajan sessions.



Home visits were done regularly to ensure members' safety and wellbeing, especially during absenteeism or in case of medical emergency.



Monthly medicines for the needy seniors were provided by the centre.



Geriatric counselling was conducted by the Programme Manager and Clinical Psychologist for those who are found to be anxious and depressed. Regular awareness sessions were conducted on how to deal with physical and psychological issues.



In April 2022, members were taken to BBMP Government hospital for Covi-shield vaccination. Transport was arranged to take the members to the hospital.



Festivals and special days were celebrated throughout the year.



## MULLIMA NAGAR, CHENNAI

The centre aims to achieve the goals of

1.



Providing both social and emotional security to the poor senior citizen members.



Fitness sessions such as Zumba, Aerobics, Balance Exercises, muscle strengthening activities, Simple Cardio workouts, Laughter Yoga therapy and Simple yogasanas were conducted for the members. Members suffering from knee pain used to struggle to climb stairs in their homes or squat in the Indian style toilet. However, after regularly exercising at the centre, their pain has reduced and their flexibility has increased. Now they find these movements less painful.



Our members were taken to the Tamil Nadu Police Museum at Egmore, Chennai in August. The museum displays all artefacts used by Tamil Nadu's police department. Artefacts seized from sandalwood smuggler Veerappan were also on display at the museum. We got to see Dr. Jayalalitha's bulletproof jacket and ceremonial swords. A special music band show was arranged for our members.



2.



Providing opportunities for socialisation and needed health services.



2 community members were advised to use Complete Dentures and Removable Partial Dentures, which are worth Rs. 15,000. But they were provided for free to our members. Through two dental camps with a major hospital, we were able to reach out to 229 beneficiaries. Free spectacles were distributed to 46 members who had defective vision, whereas 47 people were referred for cataract surgery.



35 to 40 home visits are made every month to maintain good rapport with the family members, do need-based intervention in terms of health and entitlement, and give members a sense of social security.



Various health related awareness sessions were conducted to sensitise members on preventing and managing ailments or disorders such as dehydration, malaria, mental health issues, monkey pox, hepatitis, cancer, depression, tuberculosis, oral hygiene and insomnia, among others.

3.



Enriching participants' lives and building upon their skills and strengths.



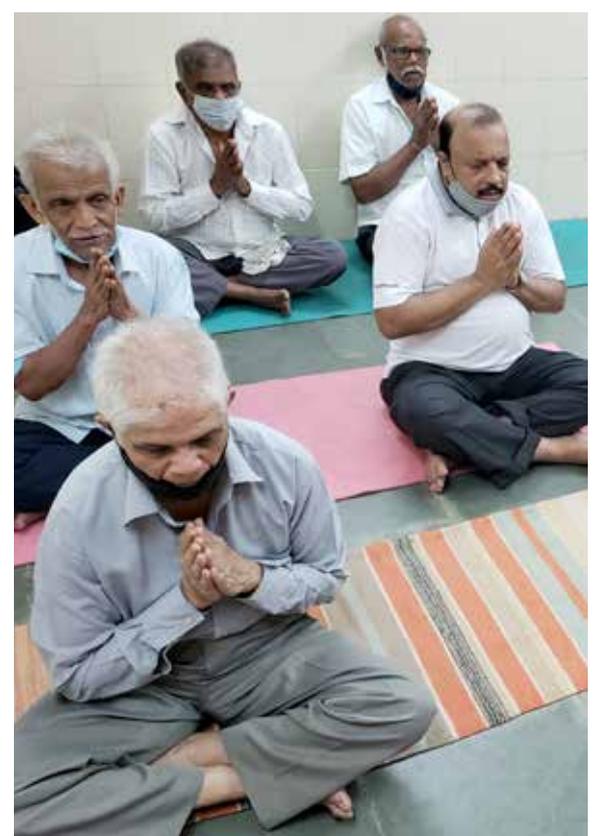
Rights and entitlements of senior citizens were explained to the members. Some of the topics discussed include Protection against Elder Abuse, Maintenance and welfare of parents and senior citizens legislation of 2007, Disability rights, Indira Gandhi National old age pension scheme, etc. We even facilitated 4 Voter ID cards, 6 Adhaar cards, opening of 9 Bank accounts and 9 Pension applications on behalf of our members.



Self-help groups are usually meant for young women involved in business. Being in a self-help group after 60 years is itself challenging. However, we initiated two self-help groups among the elderly population to break this stereotype. Our SHGs are of 11 and 13 members with an average saving of Rs. 50,000 and with an average worth of Rs. 74,855.



In association with various hospitals, various medical camps were held at the centre. Eye screening camp benefitted 172 members, Kidney screening was done by 89 members, 65 members opted for ENT, skin and orthopaedic camp, and 117 members were screened for Oral Health.





In July 2022, Booster dose of Covishield was given to 13 eligible and consenting members of the centre with the help of a PHC in Jogeshwari.



In August 2022, the centre organised a session on Rights and Entitlements on topic of Maintenance and Welfare of Parents and Senior Citizens Act, 2007. The resource person was Lawyer Alliwine Dave who practices law at Bandra Court.



Our Mobile Physiotherapy Van team visited the centre and conducted screening and treatments for the eligible patients. They also repeated this activity at the nearby Meghwadi Police Station which is very supportive of our centres' activities.



Regular health check-up and physiotherapy sessions along with Yoga were conducted for members' physical health. Supplements like vitamins, protein and calcium tablets were also given at no-cost as per the patients' needs. Additional medicine support was given to those who suffer from co-morbidities like Diabetes, Hypertension, etc.



Members benefitted through an in-centre Health Check-up, World Mental Health Day awareness session, Skill Building sessions, Health sessions on Physiotherapy, Ration distribution to needy members, Yoga, Zumba, Aerobics, Home Visits, Singing Programme and Medicine Distribution.



For the first time, a Warli painting competition was held at the centre. Warli art is the traditional art form of Maharashtra. 40 members, which included 15 males and 25 females, participated in the contest. All participants created beautiful monochromatic designs. The winners were felicitated with prizes.



100 needy senior citizen members received the Dry ration and sanitation kits at the centre in the month of November.



With the help of Sanjay Gandhi Pension office, we organised a pension camp at our centre. Out of 55 applications, 12 forms were selected for pension scheme. We are trying for other members to be benefitted by this scheme as well.



Advocate Virshen Kajale took a session on rights and entitlements of senior citizens on October 7 and 14.



Our members received an invitation from Inner Wheel Club of Bombay for a singing programme called Dil Wil Pyaar Vyaar. The programme was enjoyable because of all the ever-green melodies and songs from the 80's and 90's that were beautifully sung. Members were also provided with chocolate, ice cream, snacks and lunch. The participating members were very pleased.



Zeno Generic Medicine store organised a free health camp for senior citizens of our centre on the occasion of World Diabetes Day. Almost 75 members were present for the health camp of which 50 members got their blood sugar checked. All 75 members checked their Blood Pressure and Weight.



In December, members were excited to go for a trip to Alibaug. On December 23, members were taken to Alibaug by bus. They visited four popular spots i.e. Alibaug Beach, Varsoli Beach, Colaba Fort and Sarkhel Kanhoji Angre Tomb Complex. Members also took a stroll in a famous fish market of Alibaug before returning home.

## DEMENTIA DAY CARE CENTRES

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

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



CHENNAI



MUMBAI



NEW DELHI



PUNE







## CHENNAI



Chennai Chapter organised a '1 minute movie making' competition on the theme of Remember Alzheimer's to increase public awareness on Dementia and Alzheimer's disease, promote prevention & risk reduction as well as encourage people to adopt a dementia-friendly behaviour.

Students from various colleges and potential film makers from different districts of Tamil Nadu registered for this competition. In all, 83 one-minute short films about Alzheimer's disease were submitted.

The Jury committee comprised of Director and Actor Rasi Azagappan and MD of TAPAMS Group Dr. P. Meganathan. The winners of the competition were felicitated in an award ceremony inaugurated by Dr. Sr. Rosy Joseph Fmm, Principal of Stella Maris College.

The event concluded with all participants taking the oath **"TO REMEMBER THOSE WHO CANNOT REMEMBER."**



An Inter-generational Sports Day event brought individuals from the younger and older generations together to share the delights of collaboration and friendly competition. Members of our Dementia Day Care Centre participated along with the Chai Masti Centre members and students of Stella Maris College. Sporting contests like lemon & spoon, bomb in the city, balloon stroll and musical chair were organised among others. The active participation and representation of our DDC members in the event was much appreciated by all.

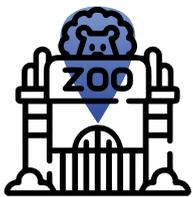


Various events were celebrated in the centre throughout the year such as Mother's and Father's Day, Diwali, Pongal, Christmas & New Year, Women's Day, Republic Day, Children's Day, Traditional Day, etc.





## MUMBAI



A delightful picnic to the Veermata Jijabai Bhosale Zoo was organised for the DDC members, allowing them to enjoy nature and spend quality time with fellow members. It provided an opportunity for members to reconnect with wildlife and revisit their memories.



Throughout the year, members participated in exciting indoor sporting activities such as bowling, carrom and darts. It not only engaged members in a friendly competition but also promoted their overall well-being. Playing memory games, musical instruments and colouring mandala art books were few of the activities which were thoroughly enjoyed by all the members.



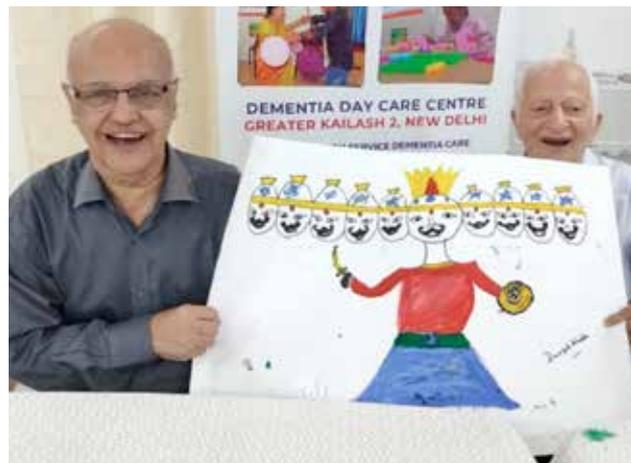
Our Trustee, Sweta Vakil, visited the centre and had a heartwarming interaction with the members. Her presence and support strengthened the bond between the organisation and its valued members.



Various companies and colleges collaborated with the centre, providing valuable volunteering support and interacting with the members. These interactions fostered meaningful connections and brought a fresh perspective to the centre's activities.



The centre, in collaboration with the Dignity Foundation Head Office, celebrated World Alzheimer's Day with great enthusiasm, raising mass awareness about Dementia and honouring the courage and resilience of individuals living with the condition. The event featured a bus tour across the south city and distribution of informative material and goodies such as wrist bands and stoles. Many people asked for more information about Dementia and Alzheimer's Disease, which our team was happy to provide.





## NEW DELHI



Members enjoy the routine sessions of Yoga, Occupational Therapy, Physiotherapy and Art Therapy. In all, 198 such sessions have been organised in the reporting period.



Our members are given access to various physiotherapy equipment such as TheraBands, Swiss Ball and Quadriceps Chair. They also use Sensory Stimulation tools, Life Skill Training tools and Relaxation tools.



Festivals such as New Year, Lohri, Pongal, Republic Day, Holi, Mahashivratri, etc. were celebrated along with other important days like World Water Day, Global Recycling Day, International Day of Happiness, etc.



There have been noticeable improvements in the reflexes, balance and hand-eye coordination of our members Karan Ahuja and Krishan Lal. Both these members were initially reluctant to come to the centre, but their families have noticed their recent alacrity to come to the centre each day. They are interacting well with the caregivers and with each other, thanks to usage of the Punjabi language, with which they are conversant. This has helped them to form an affectionate bond.

### CASE STUDY

Deepak Khosla's co-morbidities have made him hyper in last 3 months. Using foul language to gain attention has become more frequent in his case. While on some days, he is extremely cooperative and cheerful, on the other days, his anger outbursts and attention-seeking tactics dominate the atmosphere at the centre. He has been suggested psychiatric intervention. However, it is noteworthy that he is far ahead of the other members in terms of cognition and communication. We are making best efforts to help him clam down through non-pharmacological interventions and daily counselling at the centre.





## PUNE



For World Alzheimer's Day, Pune Chapter organised walkathons with the help of schools and colleges such as Shri Shahu Mandir Vidyalaya and Pune International School and Junior College so as to sensitise the younger generations about the rising concern of Dementia among senior citizens as well as to make them ambassadors for the cause.

Students from NCC and NSS came together and walked from their College to Sahakar Nagar holding placards to highlight the stigma and lack of information regarding this disease among the society. Dr. Col. VK Madan was the Chief Guest who inaugurated the walkathon and addressed the rally.



In January 2023, the Pune DDC staff visited Dignity Lifestyle's 24X7 Assisted Living Facility in Neral for members living with Dementia. The experienced Doctors and therapists briefed the caregivers about the various types of Dementia and their causes. They also trained the staff in various ways to care for and manage the dementia members at the centre. The staff got an opportunity to meet the residents of the Assisted Living facility in Neral and gain practical training in caregiving.



Various events and festivals were celebrated at the centre such as Diwali, Valentine's Day, Women's Day, Gudi Padwa, Republic Day, Holi, Ram Navmi, etc.



There have been positive changes in the members' behaviour since their admission to the centre. Those who were aggressive have gradually shown signs of reduced anger, recognising familiar faces, responding to questions and following instructions. These members even respond well to the new resource persons coming to the centre and enjoys all the activities being conducted.



## GERIATRIC MOBILE PHYSIOTHERAPY VAN

Dignity Foundation's Geriatric Mobile Physiotherapy Van was launched a year ago in March 2022 and has since been dedicated to providing free physiotherapy check-ups and treatment to poor senior citizens aged 55 to 85 living in the slum areas of Thane and Mumbai in Maharashtra. With a mission to alleviate pain and improve the mobility and quality of life for elderly individuals, the programme has significantly impacted under-served communities at their doorstep.



Over the past year, the Geriatric Mobile Physiotherapy Van has touched the lives of more than 5000 patients. Operating from Monday to Friday, from 10 am to 6 pm, the van is stationed for a few days in a semi-rural, urban slum or tribal areas before relocating to another location to ensure maximum coverage. After two months, the van returns to the same location to follow-up with the past patients, providing ongoing support, care and guidance.



The dedicated team of two physiotherapists, a manager and a driver work tirelessly to attend to the needs of the patients. Each day, they treat more than 20 patients, spending an average of 35-45 minutes with each individual.



The van is equipped with state-of-the-art machines such as IFT, TENS, Russian current, ultrasound, traction machine, among others, to offer a wide range of therapeutic interventions. Furthermore, the team provides personalised diet advisory and guidance to promote holistic well-being of the low-income senior citizens.



Most patients suffer from knee, back and neck pain, with a staggering 75% of first-time patients reporting knee pain. The programme also provides treatments to patients with paralysis.



After thorough check-up, patients needing specialised or institutional care are referred to a network of government hospitals or nearby clinics for further medical assistance. This collaborative effort aims to ensure that patients receive comprehensive care beyond the scope of the mobile van's services. A prescription book containing home exercises is provided to each visiting patient, empowering them to continue their healing journey even from their home.



The Geriatric Mobile Physiotherapy Van has engaged with more than 50 communities, becoming an integral part of all the communities it serves and bringing hope to the elderly individuals in need.



The programme has been instrumental in transforming the lives of countless senior citizens. Patients have experienced pain relief, improved mobility and enhanced overall well-being, enabling them to lead more fulfilling and independent lives.

## TESTIMONIAL:

💙💙 I came here complaining about my lower back pain. Dr. Vishal Gupta was the one who attended to me. He understood my concerns. It has been very beneficial and I have recovered now from my constant lower back pain 💙💙

## SHELTER HOME PROGRAMME

The urban homeless elderly people live with many challenges like no access to basic amenities of shelter, food, health care, water and sanitation. In Chennai, essential services are being provided to the urban homeless under the Government scheme of Shelter for Urban Homeless (SUH). Being veterans in the field of elderly care for the past 28 years, Dignity Foundation has great expertise in the care and management of the elderly so that they can lead productive lives. In collaboration with the Greater Chennai Corporation, we facilitate this programme to improve the quality and services being provided to elderly members in the existing Shelter Homes. We are currently intervening in 3 shelters - ICWO, Pioneer trad and Annai Anbalaya Trust - by providing nutritional supplements, activity support, Geriatric health care services, social entitlement support, reintegration with families and referral services. This programme impacts 150 residents.



A free eye screening camp was organised at Pioneer trad for the elderly residents on March 16 since a lot of elderly residents complained to have discomfort in their vision. The camp was organised with the help of the Club of Humanity and Rajan Eye Care and Chennai Vision Charitable Trust to provide free eye treatment for the needy. The ophthalmologists spent a lot of time for each of the 30 members, being patient with them and diagnosing their vision problems. Some residents were advised to have post camp treatment or surgery residents as per their results. Free spectacles were provided for 15 residents in Pioneer trad itself.



One of the project goals is to ensure that no resident is denied any benefit such as pension, ration, etc to which they are entitled. To acquire these entitlements, they firstly require Aadhaar card. We conducted an Aadhaar card enrolment camp for the residents at Pioneer trad shelter. The residents' applications were filled and endorsed by the medical officer from UPHC, Sembiam. The enrolment staff of Aadhar Seva Kendra, Chennai were called to the shelter under the 'Home based enrolment facility' services for elderly residents. Around 15 residents were successfully enrolled that day. We conducted another Aadhaar enrolment camp for the residents at Pioneer trad and Annai Anbalaya Trust. Around 35 residents were enrolled for acquiring their Aadhaar card. So far, we received 7 Aadhaar cards for residents of Annai Anbalaya Trust and 9 Aadhaar cards for residents of Pioneer trad.



Around 60 residents of the shelter homes said that they do not have a bank account. In response, our entitlement coordinator visited various banks to enquire about opening an account for residents with zero balance. Some difficulty is being faced since the SBI bank allows customers to open bank with zero balance but the Pension scheme cannot be linked with the SBI bank. Our team is making efforts to enable both benefits of zero balance bank account and pension scheme linkage for our shelter home residents.



The devastating condition of being homeless often leads the elderly to become victims of depression, loneliness and anxiety. Our activity coordinators spend time with the residents and provide counselling services which enables the residents to share their burdens and problems. Most residents share that they feel lonely and have no one to talk to. The activity coordinators play a major role by building rapport with them and enabling them to share their thoughts, feelings and expectations.



Various activities are conducted in the Shelter Home such as Yoga and pranayam, dance & singing, laughter therapy. Storytelling, indoor games, arts & craft, newspaper reading, Zumba, exercise, etc. Health check-up, physiotherapy, etc. are also held on regular intervals.



Adequate nutrition is provided for the residents that ensures energy and helps to prevent or control co-morbidities in the elderly. It also boosts their immunity which can prevent complications from chronic conditions. A menu has been provided to the shelter homes to follow every day, including foods such as healthy mix porridge, vegetable soup and boiled pulses.



Various festivals and special days were celebrated in the Shelter Homes to entertain and educate the residents on importance of certain festivals, rituals or international days.



Basic literacy classes to empower the elderly residents with basic writing, reading and numeracy are also held.



# ANANDA YAAN CENTRES | (BYCULLA, WORLI AND MAZGAON)



To create a lasting bond between our Ananda Yaan members and Rotary Club of Bombay members, we arrange an annual lunch. The lunch got organised at the Byculla and E-Moses centres with the support of Rotarian Aditi Thakker. Members organised performances such as skits to showcase their talents. Shernaz Vakil, the President of Rotary Club of Bombay, Madhusudan Daga and Ekta Shah from the Rotary Club of Bombay along with Dr. Sujay Joshi from Dignity Foundation attended this programme and had lunch with the members.



On July 14 and 15, live mythological theatre was enjoyed by members of Ananda Yaan. They watched 'Mahabharat' play at Nehru Centre in Mumbai with the help of a donation from the Rotary Club of Bombay. Snacks got provided during the travel to the venue. They also received a donation of Umbrellas. Members of both the centres shared their gratitude to the Rotary Club of Bombay.



With the support of Abbott and Goodera, members also received a donation of medical kits consisting of ointments, paracetamol, hot water bags and bandages.



On October 10, Dignity Foundation in collaboration with the Rotary Club of Bombay, inaugurated its third Ananda Yaan Centre for Senior Citizens in Mazgaon, Mumbai. The launch of Mazgoan Ananda Yaan centre got an amazing response with many Rotarians and the Dignity Foundation team attended the launch. The special guest for the event was Mansi Salvi, a profound actress and Politician Yashvan Jadhav, Ex-Chairman of Standing Committee BMC, Maharashtra. The Launch had many performances like Skits and Zumba by existing Ananda Yaan members, and a special performance by Varoon Kapoor, an Anchor, Singer and Entertainer, who has performed in over 7,500 shows. The Launch ended with high tea for all and special gifts for senior citizens from the Rotary Club of Bombay.



A physiotherapy camp was organised in the month of November, with the help of our Mobile Physiotherapy Van. With 2 physiotherapists conducting the treatment, all members of Byculla and Mazgaon centres benefitted immensely from the camp.



Parkinson's Disease Awareness Camp was also conducted. Seniors' awareness session was organised by Parkinson's disease and movement disorder society (PDMDS) at the Ananda Yaan centres. PDMDS team interacted with the members and explained about the symptoms and treatment for Parkinson's disease. Members cleared their doubts, shared their concerns and discussed their thoughts. PDMDS team responded to each question effortlessly and that was appreciated a lot by the members.



On January 10, Mazgaon Ananda Yaan members were taken to Cotton Green Rotary Clinic (Free Dispensary) for a health check-up. In all, 31 members visited the clinic, where they underwent different types of check-ups like eye check-up and dental check-up. They also visited the Homeopathic clinic and General Physician clinic. Free Medicines, Health and Nutrition advice and exercises were advised by the Doctors during a friendly and meaningful interaction with the members.



A special musical evening was held on March 10 by the Rotary Club of Bombay for all Ananda Yaan members of Byculla centre, E-moses Centre and Mazgaon Centre at The Rangaswar Hall at Y.B. Chavan Centre, Nariman Point. 159 members attended the event. 3 songs were sung by the Byculla Ananda Yaan members, who had been trained by the teachers of Shankar Mahadevan Academy (SMA). This event was made more musical by the teachers of SMA, two singers from Soulful Saturdays musical group and Indo-Brazilian singer Carlyta Mouhini, who sang songs and made everyone dance. The environment of auditorium was full of music, dance steps and cheer. All the members were very thankfully and happy for the transportation, refreshment and all the entertainment that they received, thanks to Rotary members.



Shankar Mahadevan Academy and Rotary Club of Bombay organised a Musical Programme in Sri Shanmukhananda Chandrasekarendra Saraswathi Auditorium in Sion on February 18, 2023. One of the most famous Indian singer and music composer Shankar Mahadevan and his music students gave their best performance with melodious songs in this programme. Our Byculla Ananda Yaan members who were trained by Shankar Mahadevan Academy sang 2 songs, which received the appreciation of Mr Shankar Mahadevan himself.



Mazgaon and Worli Ananda Yaan members enjoyed their outing trip to Albaug. Whereas, Byculla Ananda Yaan members enjoyed their annual outdoor trip to Palghar district.

## ◀ LONELINESS MITIGATION CENTRES | MEGHWADI, JOGESHWARI



The centre runs for a period of 2 hours for 5 days a week. On an average, 55 members come and avail the benefits of the centre on a daily basis. The centre is not just an ordinary place for them but it's a nurturing and valuable experience-sharing platform for all. Sessions like Yoga and Zumba and discussions on nutrition promote their overall health, productivity and quality of life. Music, games, competitions and skill-building workshops keep their brains creatively active. Bhajan and Spiritual talks keep members' spirituality levels high and their souls motivated.





To keep the focus on the health of members, Doctors' visits were arranged in April 2022 and free medicines were provided in collaboration with Niramaya Foundation.



Members celebrated International Yoga Day on June 21 and they also learned to make beautiful paper envelopes.



Counselling sessions were organised to boost the emotional and mental health of members.



Competitions on rangoli making were organised to keep members productively engaged and happy.



Dussehra and Diwali festivals were celebrated with high energy. Special guests for these occasions were the trustees of Dignity Foundation, Pranay Vakil and Sweta Vakil, along with COO Dr. Sujay Joshi and Javed Sheikh from the head office team. A special Diwali lunch was organised for all by Founder President Dr. Sheilu Sreenivasan.



Members were taken for an outdoor visit to a mall called Grovel's Mall. The members were thrilled and took many pictures. They had a gala outing.



On December 16, a few members from the centre were selected for free haircutting by Wella Professionals hairstylists. The members were very grateful for the opportunity.



Members learned how to make paper bags, mouth fresheners and other kink-knacks through a variety of DIY sessions.



On February 16, 21 members visited Thakur Mall at Dahisar. Reliance Smart Bazaar gave their respects to the members by cutting the cake and distributing snacks and tea to them.



On February 27, a volunteering event was conducted at the centre by employees of KPMG. They played antakshari and other games with our members. It was an enjoyable day.



On March 3, Mrs. Vidula from Kotak Mahindra Bank gave a session on job skills training for the grandchildren of the members. She also spoke about the beauty and tailoring classes being held for women.



On March 6, a Holi celebration was held. Members brought goodies like Shrikhand Puri, Puran Poli and Sev Puri for all.

# Dignity Helpline



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





## CASE STUDY:

Covid-19 was a desperate time for everyone. While there was a lot of mistrust and fear among people, some largehearted men and women came forward and opened their doors to those in need. One such person was 86-year-old Mohammed Iqbal, who lived in a slum area. Being in a desperate situation himself – with no source of income, he welcomed his daughter and his son-in-law to live with him for a few days in one of his rooms in his house.

Khatijah and her husband requested a place to stay from Mohammed Iqbal since the husband had recently lost his employment. They said they would soon vacate the house and leave for their native place. But as days passed, Mohammed Iqbal realised that the couple didn't intend to leave his house.

Mohammed Iqbal wanted to rent his room out so that he could earn some livelihood. But since the room was occupied, he kept delaying his plan. Soon, the couple's behaviour became rude and unkind towards Mohammed Iqbal. They even threatened him of dire consequences if he asked them to vacate the room.

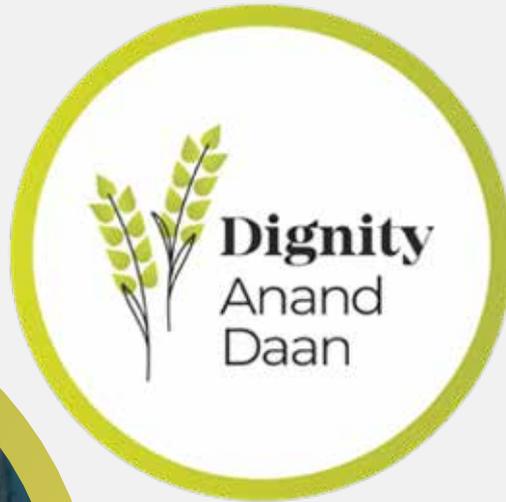
Mohammed Iqbal became hopeless and desperate to gain control of his house again. He complained to the Police but they asked him to get court orders of eviction before they could take any action.

After discussing the matter with his youngest daughter Shehnaz, Mohammed Iqbal contacted the Dignity Helpline team. After investigating his case, the team intervened and guided Mohammed Iqbal step-by-step to file an application in the Senior Citizen Tribunal.

Khadijah and her husband were very angry with this development. They even threatened our team and asked us to stay away from their 'personal matter'. However, our team's commitment to help a needy senior ensured that we were not deterred by threats and we carried on to guide and help Mohammed Iqbal.

After a few hearings in the Tribunal, a successful order was passed in favour of Mohammed Iqbal. It was concluded that Khadijah and her husband were forcefully occupying the room in Mr. Iqbal's house. The Tehsil office and Police were notified to evict the illegal occupants and handover the house to Mohammed Iqbal.

# ◁ Dignity Anand Daan



## BENGALURU:

Bengaluru has facilitated more than 1000 ration kits for needy and poor senior citizens living in various slum locations across the city, which made the beneficiaries' harsh lives more bearable. The sense of food security and reliability provided to them by our consistent donations helped the senior citizens with reduced anxiety and better mental and physical health.

Over the course of the year, many corporate and individual donors have showed their generosity by

stretching their helping hand to make this cause more meaningful. Addvara India is one such long-time supporter, contributing to this cause for 7 years. Individual donations too are noteworthy along with some donations towards sponsoring blankets for the needy seniors during winter months.

Special thanks to Lions Club of Sanjayanagar, Ramanna at Vidyananyapuram and BBMP at Vijayanagar for providing spaces to us to conduct our activities at no cost.

## KOLKATA:

Every month, the Kolkata Chapter distributed dry ration kits among 42 under privileged senior citizens. From this, 30 kits were distributed monthly at Purbalok Day Care Centre through the continuous support of

Bhagwanti Memorial Foundation and the remaining 12 beneficiaries are from Behala Centre, whose kits are supported from February 2023 by Raghu Nandan Mody - Trustee of Dignity Foundation.

## PUNE:

The Pune Chapter conducted monthly ration donation drives in three slum locations: Yewalewadi, Sidharthnagar and Bhim Nagar.

Each month, an average of 24 kits were distributed in Yewalewadi, 20 kits in Sidharthnagar and 21 kits in Bhim Nagar among the under-privileged senior citizens. All these three areas are urban slums very close to NIBM

region of Pune. The elderly were very happy to receive these kits as it ensure essential food support for atleast a period of one month for them and their families.

In addition, 75 lunch packets were distributed in Leprosy Colony (Antulay Nagar) through a special donation by Aarti Thacker of Rotary Club of Poona.

## MUMBAI:

### CASE STUDY:

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

Damyanti ji was identified as an eligible beneficiary for our Anand Daan programme this year during a

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

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

# ◁ Dignity Chai Masti Centres



BANGALORE



CHENNAI



DELHI NCR



KOLKATA



MUMBAI



PUNE





## RR NAGAR

RR Nagar or Uttarhalli centre is the youngest chai mastic entre of Dignity Foundation which was inaugurated on **May 2, 2022**.

It has been running very successfully with entertaining and interesting programs. The energetic and cheerful members of this centre refer their friends and family for membership. The members enjoy physical activities and games. On International Yoga Day, they practiced Pranayama and other meditative techniques. A Carrom Competition was held in which the members participated actively. A programme by Shantha Suresh showcased her special talent of singing devotional songs in 9 Indian languages. A numerology and astrology session by Chandra Gupta explained the movement of Stars and Planet plays and its effect in our lives.



## VIDYARANYAPURA

This is a very old centre running for 13 years at Dr. Ramanna's premises who has been extremely generous to give the premises to run our senior-friendly activities at no cost. Post pandemic, the members started coming to the centre in big numbers and started participating in offline programs with greater enthusiasm. There are 61 active members at the centre. Many contests and workshops were arranged for the members such as photography, folk singing, chance games, art work, hobbies, skill showcase and movie time. Members were taken for a Picnic to a farm and New Year's Eve was celebrated with a get together. Moon-lit dinner was another attraction where members brought their family members and friends too. Classical music expositions were arranged for the commemoration of music saints like Thyagaraja, Kanakadasa, Ramadasu, Annamayya and Purandaradasa.



## VIJAYNAGAR

Pranayama sessions were conducted by Chandana Pradeep both online and offline. Students of BMS law college entertained our members for two days through a special programme filled with singing, games and dancing. Snacks and food were arranged for all the members by the Chapter Head, making the event more enjoyable. Captain Jayram invited all the members to a restaurant for dinner on Independence Day to celebrate the freedom of our country. He also celebrated the Karnataka Rajyotsava along with Jalaja Venkatesh, Pushpa and Nandini. A day trip to Rangoli Gardens was held on November 16. Members basked in the rural ethnicity and traditional cultures. Breakfast and lunch were provided along with transportation and evening snacks. On International Women's Day, Zumba dancer Geetha performed with all the members. Along with dance, games and luncheon was held too.





A session was conducted on Mobile Apps for Senior Citizens by Neha Vinod, who is a budding technologist. She curated a special presentation on making life easy by completing all daily needs through the applications in the phone. Our members were so enthusiastic, they wanted to learn more.



Dr. Malin Mi worked as a lecturer in History with 20 years of experience in teaching students. She has published articles in National and International Journals and newspapers as well as on economic and political issues in Karnataka. She walked our members through virtual tour to many museums and foreign locations. High resolution images with lots of descriptions made this virtual tour exciting.



Members visited Rustique Winds Farm for an outing after 2 years. Rustique farm has retained its authentic look and flavours. Members had an enjoyable day in the lap of nature. They also visited Dhaatri Vana Resort to enjoy sattvik food and games. Members took back organic vegetables and healthy cereals.



A drawing session was held by the artist Prabha Vasanth. Her pencil sketches and charcoal sketches amazingly capture emotions. Members were very happy to attend her session, in which she taught to draw an elephant. A good attempt was made by the members to replicate her artistic drawing.



Gopashtami was celebrated by decorating Lord Krishna's Idol with flowers. Prasad was offered and Arti was performed.



Our members' grandchildren performed dances and sang melodious songs for all the members at the centre. It was a beautiful showcase of young talent. Elders were thoroughly entertained by the presence of these kids, who lit up the atmosphere with their energy and innocence.



In celebration of Karnataka Rajyostava Celebration, members gathered with lovely songs and dances in praise of the state.



Sanjay Nagar centre celebrated its 7th Anniversary by inviting Veena Vidhushi Apoorva Anirudh and Mrudanga player Krishnaprasad to perform. Members heard on of the most mesmerizing musical rendition. Vidhushi Apoorva Anirudh is a Gold Medalist and M.A. in Music. The event was followed by a sumptuous lunch.



Members had a great celebration for Holi with colours and dance. They also made Pani Puris and had a countless number of Pani Puris, satisfying the cravings.



Asweet gesture of Padma Mala, our member Radha Rajgopalan's daughter, was to plan a Karaoke session for members. Her friends Rekha, Mamatha and Hemanth took leave from their company and entertained our members. They were so dedicated that they had asked for everyone's favourite songs and came prepared to sing the same songs. Even our members participated in the Karaoke by singing. Jalaja Venkatesh took special interest in anchoring the event

## 🔹 JAYANAGAR



On April 12, Lakshmi Naidu conducted an enlightening session on Yoga and Ayurveda, sharing valuable knowledge on their practical applications in daily life. The session covered various aspects, including Ayurvedic practices.



On April 17, T R Varadha Rajan conducted a highly entertaining Laughter Talk event, with participants immersed in laughter and blissfully unaware of the passing time.



On May 6, Sheela and Karthika Narasimha organised a captivating Bhakti Geetha programme. The event deeply engaged all participants, who expressed their immense joy and satisfaction. The atmosphere was filled with happiness as members actively participated and wholeheartedly enjoyed the enchanting musical performances.



On April 20, Kasturi Vrunda and their team held a mesmerising Dasanamana programme. The event featured soul-stirring renditions of Dasara Keerthanas, accompanied by an informative presentation. The team showcased a captivating presentation, educating the audience about the remarkable achievements of the Dasas. Attendees were treated to a harmonious blend of music and insightful knowledge, leaving them enriched and captivated by the programme.

## 🔹 COMBINED SESSIONS

Post pandemic, Bangalore restarted the tradition of bringing all 5 centres together for various events sponsored by institutions like Manipal Hospital, Sparsh Hospital, Apollo, etc.

This year's first such event was a World Alzheimer's Day walkathon sponsored by Manipal Hospital, followed by World Health Day sponsored by Sparsh RR Nagar Hospital and World Orthopaedic day was celebrated with Dr Sharath, a well-known orthopaedic doctor.

Schneider Electric gave Bangalore Chapter an opportunity to participate in Giving Tuesday – a Fundraising Event - at its corporate office, where we sensitized the employees about senior citizens' issues.

Advarra India has been supporting Dignity Foundation for 8 years for its ration donation programme and also sponsored 2 laptops for the Chapter to conduct its programmes for senior citizens.



In collaboration with Be Well Hospital, we hosted a symposium on 'Happy Ageing' to commemorate World Health Day. The symposium included an interactive discussion on 'Emergency Care and Common Issues Faced by Geriatric Population', a session on 'Action for Happiness' and a session on 'Mental Wellness and Health Policy'.



On the occasion of World Earth Day on April 22, we organised a tree plantation programme on the Thakkar Baba Vidhayala school campus. This programme was attended by 35 students and 35 Dignity members. Each student and dignity member paired up and planted the tree saplings in the compound together. A total of 50 saplings were planted, which will be cared for by the students.



On May 31, Dignity Foundation Chennai in collaboration with Cancer Institute, Adyar organised an anti-tobacco campaign for 'World No Tobacco Day'. Members of our Chai Mast Centre and Mullima Nagar Day Care Centre took part. Our members performed a short play and distributed anti-tobacco pamphlets to Beach Road commuters and at two traffic signals with the permission of the Government. Our members explained to commuters the importance of quitting smoking to protect their health and the environment through a small role play. Passers-by and police officers both praised our members' initiative to educate the public about the dangers of tobacco use.



In collaboration with the Environmentalists Foundation of India, Dignitarians participated in a beach clean-up drive that was held on June 5 on the occasion of World Environment Day. 25 members of the Chennai Chapter actively took part in cleaning the Astalakhsmi Temple beach. To collect the rubbish from the beach, all members were given gloves and sacks. It was quite a wonderful sight to see the senior citizens cleaning up the beach.



On the occasion of International Museum Day on May 18, our members visited the Railway Museum. They enjoyed learning about the Indian Rail's history and diversity as well as its many accomplishments and advances over time.



On the eve of World Elder Abuse Awareness Day on June 15, the Chennai Chapter organised a signature campaign near Anna Nagar Tower Park to raise awareness on elder abuse and to urge the younger generations to respect and love the elders in their families. It also encouraged senior citizens to speak out against elder abuse.



Ten days of street theatre training were completed by 15 members of the Chennai Chapter. The street theatre troupe performed its first show on June 17 in Kunrathoor Village with the goal of raising public awareness against elder abuse. 150 villagers in the area saw the play and benefited from it. The village applauded our members' outstanding performance. Many villagers even came forward and shared their experiences of elder abuse with our team. We referred the cases to our Dignity Helpline team.



Knowing our members' strong desire to dance, we contacted the Atmalaya - a dance and meditation centre for working and senior women - and inaugurated a Bharatanatyam dance class for our members on September 28. 10 people have registered and are actively participating in the classes.



Ten members of our Chai Masti Centres participated in a theatre workshop led by Sumit Lai Roy in order to perform a theatre play on Dementia Care. Donor passes were printed in denominations of Rupees 250, 500 and 1000. The entire crew made the commitment to do intensive fundraising while also rehearsing for the play and working hard for fund raising for the event. On October 30, the Dementia awareness play THALA THALAIKU YENNAI AACHU? was performed at Bharatiya Vidya Bhavan Auditorium. The event drew about 250 people. The members' performance enthralled the audience. The play was followed by a mime performed by Ramachandra Medical College students.



On December 16, members celebrated Margazhi Utsavam festival with tremendous enthusiasm. The members of the Anna Nagar centre performed a skit based on the life of Andal, which recounted the life of Andal from her birth to her merging with her chosen Lord - Ranganatha. Mylapore members stunned the audience with a dance drama on Andal Kalyanam, which was replete with intricate movements, visually pleasing group formations, moving abhinaya and colourful costumes.



On February 25, Dignity Foundation hosted an Intergenerational Sports meet at Patrician College of Arts and Science. The social work department of Patrician College participated in the sports meet. The chief guest was Dr. J. Radha Krishnan, Additional Chief Secretary to Tamil Nadu Government, Cooperation, Food and Consumer Protection. The day started off with a lovely rendition of Tamil Thai Vazhthu by senior citizens of Dignity Foundation. The Chief Guest declared the intergenerational sports meet open, followed by the lighting of the torch. Another highlight of the day was that senior citizens and students together served as torch bearers and took a lap of the ground with the torch. The event drew about 125 students and 100 senior citizens. Various sports such as Volley Ball, Tennikoit, Badminton, indoor sports and unique activities such as building the tower, knock and down, balloon race, slow walk, etc. were conducted for senior citizens over the age of 80. All of the winners were awarded medals and everyone's involvement was outstanding. It was a day full with sportsmanship, excitement and memories to treasure.

 DLF PHASE II



Alzheimer's Days sensitisation was carried on in different parts of Gurgaon and Delhi. Talks were conducted by myself at Leisure valley, Delhi hat and Select city mall followed by an awesome dance performance by our senior citizens all across the centres of Delhi NCR. This event had continued for several days to ensure sensitisation attains the objective with which it was initiated



Festivals like Lohri, Janmashtami and Navratri were celebrated with zeal by the members.



Children's Day was celebrated by members of DLF Phase 2 by collecting funds and distributing stationery such as notebooks, pencil, rubber, colour pencils, crayons, colouring books, sweets, chocolates, beverages, board games, etc. to needy students. The students were very thankful and performed a dance to entertain our members.



DLF Phase II and National Media Centre members went for a picnic to Lohagarh Resort where the members enjoyed thoroughly. They even attempted rope climbing to get a taste of adventure. Apart from that, they saw puppet dancing, magic shows, pottery making, etc. Members danced wild and people gathered in groups to watch their vigour and energy.



Health is a very crucial part of concern for senior citizens so a Health Camp was organised to check the mineral composition of our senior citizens. Their potassium, calcium and magnesium count were measured using the latest technology by the technicians and supplements were prescribed accordingly. Members clarified all the queries they had with regard to their health. Besides this, a talk had also been organised on blood sugar and diabetes by a Diabetologist from Narayana hospital.

## NATIONAL MEDIA CENTRE



World Alzheimer Day was celebrated in a grand way in September. Some of the events included a talk by Dr. Jayprakash in collaboration with Narayana Hospital, a show in collaboration with Gurgaon Laughter Club, a mass sensitisation on streets with members holding placards, a mass sensitisation talk on Dementia by Sudeshna Saha and a beautiful dance performance by senior citizens at Delhi Haat.



Navratri is considered a very auspicious occasion. Hence, we organised dandiya for all nine days along with Durga Puja.



Children 's Day we celebrated at Netaji Subhash Chandra Bose Chatravas. All children participated in painting and fun games. Members donated the students lots of indoors games to keep them active and entertained.



We celebrated Christmas with the same children. It was a great feeling to spend quality time with them.



Some members like Renu Saxena, Madhu Chauhan and Amita Bhargava have become regular resources people and take very interesting sessions on a regular basis.

## SAFDARJUNG ENCLAVE



Founder President Dr. Sheilu Sreenivasan organised a get together at the India International Centre where she met all the members of Delhi NCR's chai masti centres, including members of Safdarjung Enclave.



Members celebrated the World Elder's Day with zeal and pomp. Around 150 senior citizens participated in the event. The members also participated in various group and solo dance performances.



As part of 'Daan Utsav', the members contributed towards and distributed dry ration kits to the underprivileged senior citizens in the region.



In October, all members of Delhi NCR chai masti centres gathered at National Media Center, Gurugram. Around 70 members participated in a wonderful musical evening which included Dance, Discussions, Games and High Tea.



Safdarjung Enclave members worshipped Goddess Lakshmi on the auspicious event of Diwali. Everyone dressed in traditional dresses and exchanged greetings and blessings. Sweets and gifts were distributed by Dignity Foundation to all the members.



Dignity Foundation invited around 50 students from different schools to the Safdarjung centre. The children were given stationery and refreshments. They participated in discussions on various topics with the senior citizens and got to learn life lessons from them.



In November, all the members visited 'Chokhi Haveli' in Noida. They enjoyed there and experienced the cultures of Rajasthan and Haryana. Traditional breakfast and lunch were arranged along with cultural dance and music performances. Similarly, in February, members went to 'Madhavgarh'.

## KOLKATA



Members looked forward to a cruise tour on April 26. A total of 85 members from Baguiati, Behala and Dhakuria centres participated with lots of eagerness. Everyone enjoyed the scenic beauty of the river. The sunset on the Ganges was a splendid view. The members sang and danced to Bengali and Hindi popular songs and also rhythmic folk songs. Hot and delicious packed dinner was distributed at the end of the cruise.



On August 10, the senior citizens of Behala centre received an invitation from the State Government to perform Rabindra Sangeet songs on the occasion of Baishe Shrabon (death Anniversary of Rabindranath Tagore) at Rabindra Sadan, a very renowned Auditorium of Kolkata. This was an incredible opportunity for our members to share the stage with various other renowned singers.



Our chief patron, Mr Raghu Nandan Mody, advised us to meet Mr Nick Low, the British Deputy High commissioner on June 16 for a discussion about senior citizens of India. Four staff members met Mr Nick Low, who spent an hour with us to discuss the role of Dignity Foundation over cup of tea. It was indeed a memorable meeting for us.



A Dignity Drama Festival was organised for all centres. The chief guest was Barun Chanda, eminent actor and author. It was a splendid evening where the members performed marvellously. More than 200 audience members attended this programme at Rotary Sadan Auditorium. The audience enjoyed the excellent cultural programme to their fullest.



Medi Q, an organisation of doctors, paramedics and technicians from critical care background explained about emergency health services available for senior citizens to the members of Dhakuria centre.



Baguiati Centre arranged a Food Festival on February 4. Our members cooked a variety of food and decorated the dishes beautifully. It was a mind-blowing programme with 120 people coming to buy the food prepared by the members.



On April 15, our Behala centre organised a programme to celebrate the Bengali New Year 1429 at Usha Bhagwan campus. We invited a few primary school children for performing dances and to entertain to our seniors as well as the spectators. We also invited the notable and famous singer Sudhajit Chakraborty to present a few popular Bengali songs based on welcoming the new year. Our members presented some beautiful poems and poetries of Rabindranath Tagore and Kabi Najrul Islam. Similarly, on April 5, Baguiati centre celebrated Basanta Utsav with 47 members taking part in it.



Many outings were organised throughout the year like visit to Murshidabad, visit to Topchnachi and Lalpania falls as well as visit to Antpur, Rajbalhat, and Rabrigram.



## MUMBAI

### CHEMBUR



- To get fresh air and experience adventure, 64 members went for an open bus trip to Nariman Point and Marine Drive in Mumbai. Members had an amazing time and enjoyed the trip with snacks.
- A talk on balance and fall prevention was given by occupational therapist Dr. Meeta Gupta. It was an important topic for senior citizens.
- A garba and dandiya competition was held at the centre. Prizes were given for the best costume, best player and best pair. The judge was Poonam Hiranandani.
- A musical evening was held at

our centre. Members with a flair for singing also participated in the karaoke session.

- A workshop on dance movement therapy was held by Dr. Sunjyot Mahajan and Snehal Gaikwad. Volunteers from TISS led the participants in smooth dancing movements and miming of various day-to-day activities to the tune of soft music.
- Volunteers from Bank of America held a musical programme at the centre. Apart from entertaining the members with a number of songs, they also organised a very lively quiz competition.

- Our members went for a picnic to Stolen Heaven Resort, Karla. Our members also had a very good time splashing in the swimming pool and playing various games.
- Students and chess players Ruhan, Ayaan and Manavi Chaudhary taught our members how to play chess.
- A health camp was held at our centre in association with Mangal Anand Hospital. The Doctors conducted bone density tests for all and provided personal consultation wherever required. About 35 members participated in this camp.

### GRANT ROAD



Members enjoyed a musical concert held at Nehru Science Centre, Worli. It was a very enjoyable event. The passes for this event were gifted by Dr. Sheilu Sreenivasan.



Members put together a humorous skit based on lockdown-affected school children. Laughter was the key element and the skit was beautifully scripted and directed by Mani Mulla.



Grant Road members enjoyed a New Year party at Hotel Samrat, Churchgate. They had an enjoyable time in each other's company.



- Members arranged a one-day picnic to Madhuban Resort, Karjat. Members danced and played in the swimming pool. Kanta Soman conducted amazing games for everyone.
- On July 3, the centre completed its 13th year. Annual Day celebrations were held on July 15. Skit, dance, poetic couplets, jokes, etc. were performed by our members. The programme started with our Dignity Anthem followed by a brief introduction. The programme was hosted by Chandan Lalan. Prizes were also presented to members. Asha Nayak had arranged yummy snacks and Anjali Dalvi distributed hot 'masala' milk to all the members.
- On September 14, we celebrated Hindi Bhasha Divas. Members recited Sant Kabir's dohas,

sher-o-shayari and poems as well as sang ghazals. All members enjoyed the session and expressed their views on Hindi Bhasha Divas and its importance in our lives. Rashmi Wadhwa, who is a retired Hindi teacher, shared her views on the Hindi language.

- On September 21, we celebrated World Alzheimer's Day. Our Resource person Vidya Shenoy created awareness about this disease. She explained the symptoms, treatment and precautions to be taken.
- Members had gone for a one-day picnic to Karjat at Nivaant Holidays. All enjoyed the beauty of nature along with tasty food. Members played games, sang songs and had snacks. It was a lot of fun.
- On December 30, all members

went aboard the open deck bus to tour the beautifully lit South Mumbai in a pre-New Year celebration. The members organised many tasty snacks and props like whistles and masks. Everyone had a gala time.

- 35 members went to Lonavala for one day picnic and enjoyed a lot. They shopped at Mapro and did darshan of the lord at Narayani Dham Temple.
- One of our members had arranged a one-day picnic for 25 members to Raj Bhavan. Those who went were thrilled to see the beautiful landscapes of Raj Bhavan.
- We also had a dance therapy session at our centre. Two volunteers from TISS visited the centre for conducting the session.



## MIRA ROAD



- Dignity Foundation launched a new Chai Masti Centre in Mumbai's Mira Road area within the premises of J P Infrastructure's J P North residential complex on May 6, 2022. This is the first-of-its-kind centre which is in association with a residential complex partner. We held an inauguration event where the members from all other Chai Masti Centres of Mumbai displayed their talents in front of the audience at J P North. All were mesmerised by their beautiful dances, melodious songs and humorous acts. It was a very entertaining and successful evening. Dr. Sheilu Sreenivasan, President of Dignity Foundation, graced the event and delivered a wonderful speech to welcome the new members of J P North to the Dignity Foundation family. Unlike our other centres which operate for 2-3 hours, this centre is operational for the full day – in morning and evening shifts. In its first month itself, the centre witnessed a phenomenal response and the memberships continued growing throughout the year. New activities like aqua zumba are being conducted along with routine activities like yoga, zumba, singing, karaoke, etc.
- From yoga to aerobics, zumba and aqua zumba to fashion show and many more activities, the lives of the senior citizen residents of J P North have transformed for the better.
- A Performing Arts Festival was organised by J P Infra residential complex. Our chai masti members participated in it and performed a fabulous fashion show and ramp walk. This was a wonderful experience for the members as well as the audience as they had not expected such a wonderful performance by the elderly residents.
- An all-you-can-eat party was organised for all the members at a nearby food joint. The party was also attended by the senior managers of Dignity Foundation, where members interacted casually with the managers of Dignity Foundation and had an enjoyable evening.
- Other key events that were conducted include Karaoke nights, Pyjama Party, etc.



- On Valentine Day, members made different kind of delicacies and competed to win a prize. Members enjoyed different varieties of food and also danced to the latest Bollywood songs. Each dish had a unique name, for example, Vegetarian Manchurian was renamed as Laila Majnu Kofta whereas coconut laddoos were renamed Coconut Kisses, etc. The most innovative dishes were declared as the winners.
- Apart from entertainment and productive ageing, the members have shown improved confidence and reduced stress and negativity in life.

## POWAI



- A Holi party was organised for 30+ members who arrived at the centre in their colourful best. The event was graced by Dr. Sheilu Sreenivasan and Gopal Srinivasan. Dr. Kankaria, an aged member of the centre regaled all with Holi songs on the flute. Members enjoyed peppy songs and danced as well. This was followed by sumptuous lunch and a group photograph.
- Members participated in a session by Dr. Neeraj Tulara from Hiranandani Hospital on 'Preparedness for Monsoon Diseases'. Many centres apart from Powai joined this session and gained important information.



- The centre restarted its physical activities in July 2022. Manju Sharma, who is the owner of the space, organised a re-opening party. Usha Khandelwal conducted games and then the members presented their performances. All members enjoyed the event and showed great enthusiasm for the re-opening of their centre.



- In November, Ajit Singh, the oldest member of the centre, celebrated his 92nd birthday. The members organised a wonderful birthday party for him. Known for his excellent dressing sense, he came dressed in a black suit with a red shirt and tie. A Black Forest cake brought by his daughter was cut and a picture was taken. The same picture was framed and presented to him as a gift.

## THANE



- On International Women's Day, Pradeep Malgi hosted a session on the role of women in politics on March 10. He elaborated on the contribution of various female chief ministers, central and state ministers, etc. Members of the Powai, and Chembur centres were present for the talk too. All members appreciated the session.
- Similarly, on April 7, Pradeep Malgi took another session on 'Legends of Maharashtra' for members of Thane and Vashi centres. Malgi spoke elaborately about legends such as Sant Dyaneshwar, Tukaram Maharaj, Ramdas Swami, Gajanan Maharaj and their contributions to religious and societal upliftment. He also highlighted the contributions of Chatrapati Shivaji Maharaj and social reformers like Tatyasaheb Tope, Jyotiba Phule and others.
- An awareness programme on healthy ageing was conducted by Dr. Gauri Satri, an occupational therapist and Dhara Bhanushali, a psychologist from PDMDS. They shared important information regarding Parkinson's disease, movement disorders and stroke. Fourteen members took advantage of the session and sought more information regarding the lifestyle practices necessary for improving brain function. The hosts also suggested some simple exercises for improving balance.
- The centre arranged an overnight picnic in February at Dignity Lifestyle Retirement Township, Neral. All the members enjoyed their stay and the excellent arrangements made by the team.

## VERSOVA



- Fortnightly theatre workshops were held by expert Manasi Joshi who guided members on acting and on how to prepare a skit.
- R G Prabhu held a session on Union Budget 2022-23. He presented an analysis of the budget. Thereafter, members had a wide range of discussions on the subject.
- Shobha Mathur gave a lecture on Khajuraho temples – a UNESCO world heritage site – followed by a video and virtual tour of Tibet.
- Ishrat Kumar who served as the centre coordinator for 13 years received a warm farewell. Members brought to the fore their individual talents in the form of song and dance and shared their messages of love with Ishrat. Dr. Sheilu Sreenivasan sent a special message appreciating all her efforts. Members also presented beautiful gifts and wished her good health and happiness.



- A session was held for boosting team-spirit and fine motor skills for our members. The wonderful session was conducted by HR professional Vandana Pariyani, who has rich experience in her field. Her session included various kinds of innovative games. Members participated enthusiastically in each activity.
- Members participated in the Navi Mumbai Bengali Association's Durga Puja event on October 2. Like every year, Vashi CMC members performed on Saptami in their event held at the CIDCO exhibition centre. Almost every member participated in group or solo cultural performances.
- Y Krishnaveni, a dance movement therapist from TISS, has been anchoring sessions for senior citizens over the years. She conducted a lovely session on creativity with lots of props like balloons and colourful bands.
- Narinder Nagpal, a member of the centre, has been hosting a 'langar' for free food distribution since the last 17 years. A few members of the CMC volunteered at one such langar on November 19 and offered their selfless service in the distribution of food.
- A session called 'Brain Gym' took place on December 14. Amruta Lovekar, a gerontologist, conducted the session. Brain gym session comprises of exercises that help in activating the various parts of the brain. They are very easy to do and can be done at any time of the day. They help in delaying dementia.
- We hosted an in-house talent show in which members dressed up as Bollywood characters. They presented song, dances, recited poems and showed a variety of talent. One of the notable performances was S Ramani Iyer's act of Gabbar from the film 'Sholay'.
- The Heal Support Group of Cancer Warriors conducted a cancer awareness session for Vashi members. Bhavna Jethwani, Dr. Mary Francis and Nimisha Shah shared their inspiring stories of how they battled with and defeated the dreaded disease. Dr. Francis has been honoured with Fortis Spirit of Life Award for her courageous battle against breast cancer. Listening to them, some of the members opened up about their struggles with the disease and shared their heart-wrenching stories.

## PUNE



Bal Gujral taught the members the various application and use of smart phone to make them more tech savvy so that they are self-independent to book cabs, order food, or do bank transactions.



To celebrate Navratri in the centre, garba dance was organised for members. A resource person, Ritaka Solanki was called who performed garba and taught the members the basic of the dance form.



One of our CMC members, Snehal Laud, had published her novel and was kind enough to share her expertise with other members to help them write short stories. The session was quite useful and many members were motivated to write on daily basis.



Padma Subramaniam shared her love for mathematics by conducting a session on Vedic maths. She explained the basics of the subject to the members.



Children with speech and hearing impairment from a nearby NGO were called to the centre. They performed various dances for the members. They were warmly welcomed, appreciated and loved by the members.



Ruchi Anand, a graphologist, reiki & chakra healer and dowsing practitioner spoke about the importance of Reiki and how it affects human subconscious mind.



The Kalyani Nagar coordinator came up with the idea of bringing the three centres together for a mega event. The event was planned as a celebration of Women's Day and was held on March 9. A big hall in Koregaon Park area was booked at no-cost through the kind help of the Municipal corporator. An orchestra led by singer Chandan Salvi was arranged to make the programme more enjoyable. Other performances included a kathak dance by Dr. Sujatha Natu who is an 81-year-old lady and dance performances by each centre on various Bollywood as well as traditional songs.



Dr. Raina who is owner of Satyanand Hospital educated the members about various ways to keep a sane and happy mind in old age.



Having heard the horrific stories of exploitation of senior citizens by cab drivers as well the delivery agents, we started a mobile training class in our centre to educate our members about digital literacy. We had two sessions by Prabhashini through which members learnt many new digital skills.

# Dignity Dialogue Magazine



## **DIGNITY DIALOGUE – YOUR LIFE PARTNER | BY HUNED CONTRACTOR**

A couple of decades ago when there was much loose talk about how the internet was going to sound the death knell for the print media, the Times of India ran a wonderful campaign in its editions to drive home the point that no matter what happened in the future, printed newspapers and magazines would not be phased out. I still remember the caption for one such half page advertisement: 'You can take your newspaper to the bathroom but not your computer'. That was brilliant! The point I am trying to make is that the print media continues to be 'sacred'. Even though there is an ever-rising onslaught of the online media that provides information at your fingertips, there is always a certain degree of 'doubt' about how much of it is true.

This is particularly so about all the so-called flash news that spring up on your screens through various social media platforms, most of it is irrelevant. A major percentage of it seems to be cooked up just to make that particular online platform popular. On the other hand, we on the print media side take the printed word very seriously. It is our job to ensure that none of the information that we print is misleading or hurtful. It is our job to see that within the limited confines of the space that we have in terms of the number of pages a magazine can provide, we pack in news and features that are as relevant and helpful to the reader's interests as possible.

And that's the philosophy that makes Dignity Dialogue work. We seem to know what our esteemed readers want so that each issue will have features on health, hobbies, travel, money management and so on along with interviews of seniors who have contributed in a meaningful way to society or have devised the right formula to make their life as interesting and happy as possible. The people we choose to highlight are those who can be 'influencers' for others. For instance, there are some who have chosen to make their lifelong dreams come true now that retirement has given them ample time. There are some who have turned entrepreneurs after retirement and enjoying every bit of this phase.

So, as readers of Dignity Dialogue, be rest assured that all the articles that we publish are motivated by our desire to add meaning to your life. And that is why the feedback we receive is so very important to us. It gives us a 'pulse reading' and the ability to sift the wheat from the chaff. Therefore, you are most welcome to browse the many, many posts that you receive on your smart phone but remember that what Dignity Dialogue gives you is authentic information that may even serve to bring about a 360-degree change in your life. For the publisher Dr. Sheilu Sreenivasan and the rest of the team, Dignity Dialogue is a journey, not just a 'hop and stop' process. So, enjoy every issue. And keep writing to us.



♥♥ What I like about this magazine is that it focuses on senior citizens and contains articles on a variety of topics like Health, Spirituality, Memoirs, Travel, Money Matters, Hobbies, etc. Senior citizens reading these articles relate to them and feel it a part of their own lives. Also, writing for the magazine is a pleasure as you can pen down your thoughts and share your views, experiences, problems and grievances with other senior citizens across India. The presentation of the magazine is done with utmost care for a senior citizen reader – coloured photographs and large font size.

Loneliness is one of the biggest enemies of the elderly. To help the aged to cope with loneliness, Dr Sheilu Sreenivasan, the founding editor, publishes this magazine since indeed a book is a man's best friend! ♥♥

- Brig. PK Chakravarti



Dignity Dialogue Magazine is available in hard-copy and e-copy for a reasonable annual subscription fee. A one-year membership provides 12 issues. We have multi-year subscription options at discounted prices as well. For more information or to purchase your subscription, call 022 6138 1100.

# Spotlight

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## ☪ SOME OF OUR PRESS CLIPPINGS:



An endeavour to reassure Senior Citizens that they're not alone.



### बुजुर्गों को यकीन दिलाने की एक कौशिश, आप अकेले नहीं हैं...

परेशान सीनियर सिटिजंस की मदद के लिए खास हेल्पलाइन

[Khalid.amin@timesgroup.com](mailto:Khalid.amin@timesgroup.com)

**8448317316**  
पर सोमवार से शुक्रवार सुबह 10 से शाम 6 बजे की बीच कॉल करके ले सकते हैं बुजुर्ग कोई भी मदद

■ ऐसे काफी मामले सामने आ रहे हैं जिसमें मां-बाप ने जब प्रॉपर्टी बच्चों के नाम कर दी तो उनके साथ बच्चों का बर्ताव बदल गया। कई बार नैतिक मारपीट और घर से निकाल देने तक की आ जाती है। ऐसे में बुजुर्ग मां-बाप खुद को वेल्ड सावर महसूस करते हैं। इस उम्र में धने और कपहरी के चक्कर लगाने की हिम्मत और ताकत भी नहीं होती।

अबकी बात यह है कि अब ऐसे बुजुर्गों की मदद के लिए कई लोग और संगठन सामने आ रहे हैं। ऐसी ही एक हेल्पलाइन दिल्ली-एनसीआर में डिग्नटी फाउंडेशन की चल रही है। फाउंडेशन की दिल्ली-एनसीआर चैप्टर की हेड अर्चना चौधरी बताती हैं कि हमें ऐसे बुजुर्गों की हमारे हेल्पलाइन नंबर 8448317316 कॉल आती है जो ज़क़दार अपने बच्चे, रिश्तेदारों या पड़ोसियों से परेशान हैं। एक बुजुर्ग ने कॉल करके बताया कि जबसे उन्होंने प्रॉपर्टी अपने बेटों की नाम की है वे उनके साथ बहुत बुरा व्यवहार करने लगे हैं। पुलिस में शिकायत करने पर भी कोई एक्शन नहीं हुआ। ऐसे में फाउंडेशन की टीम ने पुलिस की आला अधिकाधिक से बात करके दोनो को एक मीटिंग करवाकर इस मामले को हल करवाया। अर्चना बताती हैं कि कड़े मामलों में बल किनिकल एल्यूज तक पहुंच जाती है ऐसे में हमारे कॉन्सिलिंग्स तुरंत एक्शन में आते हैं। इनमें क्वील, फाउंडेशन और दूसरे प्रोफेशनल ग्रुप शामिल हैं। जहां जरूरी होता है वहां बुजुर्गों को रेस्क्यू भी करवाया जाता है और साथ ही उनको उनकी सदाई के लिए लॉगल सपोर्ट भी दी जाती है। हालांकि अर्चना बताती हैं कि हेल्पलाइन पर बुजुर्ग किसी भी तरह की मदद या जानकारी के लिए कॉल कर सकते हैं। कई के बच्चे बाहर रह रहे हैं, वो अकेलपन महसूस करते हैं। ऐसे लोगों के लिए कई चाप-मसली सेट्स भी चल रहे हैं जिसमें बुजुर्गों साथ बैठकर हंसते खेलते हैं और कई तरह की फन एक्टिविटी और योग-कसरत भी करवाई जाती है। इसके अलावा फाउंडेशन डिमेंशिया पर भी काफी काम कर रही है। डिमेंशिया की परेशानियों को बहुत ज्यादा केयर की जरूरत होती है जो आमतौर पर घर में नहीं मिल पाती। इसके लिए डिग्नटी फाउंडेशन दिल्ली-एनसीआर में भी एक डिमेंशिया केयर सेंटर खोलने की कोशिश कर रहा है। मुंबई और चेन्नै में पहले से ही हमारे दो सेंटर्स चल रहे हैं।

## Short films raise awareness on Alzheimer's

Eighty-three entries were received for the competition organised by Dignity Foundation



A selfie point at the award ceremony

A silent film on Alzheimer's; another film presenting the illness as a second childhood; and another film in the fray throwing light on the less-known facts about the disorder were among short films that won the top honours at the "1 minute movie making" competition organised by the Chennai chapter of Dignity Foundation.

The organisers received 83 one-minute short films on the theme "Remember Alzheimer's", which was aimed to create awareness on dementia and Alzheimer's.

D Jayaprakash, an MBBS graduate, won the prize and a cash award of ₹25,000 for his film titled "Aval Oru Mazhalai". "I dwelt on the less spoken details to show memory loss in this neurological disorder, and I think the ending was the high point as love and care for such people is crucial," says Dr Jayaprakash, who loves creating short films on various aspects of health.

Sai Selaasami, who is pursuing visual

communication from SRM University, won the second prize for his silent film which he edited, wrote the script for and also acted in. "I also got help from many of my friends," says Sai, who titled the film "The Old".

T.Satheesh Kumar, who works for a public sector undertaking in the city, won the third prize and has a strong reason for giving the title "My child". "Being diagnosed with Alzheimer's is like a second childhood. In the film, I have my son playing the role of a child, and only in the end do I reveal that he is actually a 60-year-old who has forgotten his past," says Satheesh.

Arfin Shaji from Bishop Heber College, Tiruchy was declared the best director for "65"; P Dhinesh and KM Krishnan from Avichi College were given adjudged best cinematographer and J Akash from Chennai the best editor, says a press release.

The jury comprised Rasi Azagappan, director and actor; and P Megarathan, MD, D'PAMS Group.



## वानवडीत स्मृतिभ्रंश डे केअर केंद्र सुरु

लोकमत न्यूज नेटवर्क वानवडी : डिग्नटी फाउंडेशन या सामाजिक संस्थेच्या मार्फत पुण्यातील पहिले डेमेन्शिया (स्मृतिभ्रंश) डे केअर केंद्र वानवडी येथे उघडण्यात आले आहे. या केंद्राचा शुभारंभ डेमेन्शिया केअर सेंटरचे डॉ. इच्छापुरीया यांच्या हस्ते करण्यात आला. याप्रसंगी डॉ. उषा सुतारीया, असीर रे, डॉ. रोहित भागवत उपस्थित होते. डॉ. इच्छापुरीया यांनी डेमेन्शिया होण्याची कारणे व त्यावरील उपाय याबाबत ज्येष्ठ नागरिकांशी संवाद साधला.

स्मृतिभ्रंश होणे हा आजार ज्येष्ठ नागरिकांमध्ये मोठ्या प्रमाणावर दिसून येतो. या आजारावरील उपाय योग्यरीत्या व्हावेत यासाठी वानवडीमध्ये प्रथमच डिग्नटी फाउंडेशनकडून सोयीसुविधायुक्त अशा केंद्राची सुरुवात करण्यात आली आहे. डॉ. सुजय जोशी यांनी केंद्रासंबंधी संपूर्ण माहिती दिली. कार्यक्रमाचे सूत्रसंचालन सगुणा रामाप्रसाद यांनी केले. संस्थेचे पुणे येथील व्यवस्थापक किरण महाकाळे, निसार शेख व थॉमस कुरियन यांनी कार्यक्रम यशस्वी केला.

The prestigious Amazing Indian Award by Times NOW was conferred on our Founder President Dr. Sheilu Sreenivasan for Slum Care category. Her tireless efforts for uplifting the needy senior citizens living in urban slums were lauded. Dignity Foundation is extremely proud of Dr. Sheilu Sreenivasan's achievement!



## CORPORATE DONORS

<b>NAME</b>	<b>AMOUNT</b> (in INR)
Azim Premji Philanthropic Initiatives	1,14,95,800.00
Axis Bank Ltd	68,24,536.00
Everest Kanto Cylinder Ltd	25,00,000.00
JP Infra Realty Pvt Ltd	7,06,415.00
Kotak Mahindra Bank	6,33,012.90
Aequitus Investment Consultancy Pvt Ltd	6,00,000.00
Hindustan Composites Ltd	5,85,000.00
Atlantic Lubricants & Specialities Pvt Ltd	5,00,000.00
Addvara India Pvt Ltd	4,53,000.00
Amaterasu Lifesciences LLP	2,25,000.00
International Reinsurance & Insurance Consyltancy Broking Service Pvt Ltd	2,00,000.00
Anjali Jewllers Pvt Ltd	50,000.00
Berger Paint India Ltd	30,000.00
Destinoglobal Holidays	15,000.00
Health Care At Home India Pvt Ltd	15,000.00
Chirag Industries	11,000.00
Rakesh Kumar Chemical Pvt Ltd	11,000.00
Priyadarshni Academy	10,000.00
Kanika & Dhruv Design Craft	10,000.00
TRIBECA Care Pvt Ltd	10,000.00
Yodda Elder Care Technologies Pvt Ltd	10,000.00
DCB Bank	10,000.00
<b>TOTAL</b>	<b>2,49,04,763.90</b>



Azim Premji  
Foundation



AXIS BANK



EVEREST KANTO CYLINDER LIMITED  
Clean Energy Solution Company



JP INFRA



kotak  
Kotak Mahindra Bank



Aequitas  
Investment Consultancy Pvt. Ltd.



HINDUSTAN  
COMPOSITES  
LIMITED



MOTUL



ADVARRA



AMATERASU



IRICS

ANJALI JEWELLERS  
For All



Since 1760  
Berger  
Paint your imagination



DESTINO GLOBAL  
holidays



HCAH  
By your side



TriBeCa  
Care  
Bringing  
Healthcare  
Home



YCDDA

DCB BANK

## DONATIONS BY TRUST

<b>NAME</b>	<b>AMOUNT</b> (in INR)
Give Foundation	55,04,345.00
Rotary Club Bombay Charities	27,58,660.00
Pirojsha Godrej Foundation	10,00,000.00
Bhagwanti Memorial Foundation	5,20,200.00
Nihchal Isani	5,00,000.00
The Lotus Trust	3,00,000.00
United Way of India	1,58,921.00
Cerebrus Trust	1,00,000.00
Lalji Mehrotra	1,00,000.00
Helpyourngo Foundation	91,358.00
Nirlon Foundation	60,000.00
Am Educare	55,010.00
Madgavkar Trust	50,000.00
The Hecar Foundation	25,000.00
Ramal Charities	25,000.00
Thatikonda Vatsala Ramachandar Foundation	25,000.00
Amri Hospital	20,000.00
A Better Life Foundation	20,000.00
Charities Aid Foundation	16,300.00
Shri V P Gohel Memnorial Trust	15,000.00
A Better Life Foundation	15,000.00
Suresh Kumar Chirimar Charitable Trust	11,000.00
K P Charitable Trust	10,000.00
Narendra K Parekh Foundation	10,000.00
Shriyans Prasad Charitable Trust	10,000.00
<b>TOTAL</b>	<b>11,400,794.00</b>



A BETTER LIFE  
FOUNDATION

**CAF** Charities Aid  
Foundation

**give**

**HELP  
YOUR  
NGO**  
EVALUATE.THEN DONATE.



**NIHCHAL ISRANI  
FOUNDATION**

**PIROJSHA  
GODREJ  
FOUNDATION**

**Rotary**  
Club of Bombay



United Way India

## INDIVIDUAL DONORS

NAME	AMOUNT (in INR)
Rohan Palekar	6,00,000.00
Ravindra Mariwala	5,00,000.00
Gopal Srinivasan	3,54,500.00
Pranay Vakil	3,00,001.00
Sultan Fazelbhoy	2,00,000.00
Nandanik Santha	1,08,000.00
Shalini Dongre	1,00,000.00
Firuzza Noshir	1,00,000.00
Cynthia Gomes	1,00,000.00
Eknath Kshirsagar	1,00,000.00
Madhusudan Bhaiya	1,00,000.00
Shamantha Kamani	1,00,000.00
Ramasuddan	90,000.00
Ramsaran Dass Toteja	80,000.00
Harvindra Singh Gambhir	75,000.00
Mukut Behari Lal	75,000.00
MBL Bhargava	75,000.00
Prakash Awte	70,000.00
Madhav Namjoshi	61,000.00
Gururaja Rao	60,500.00
Nandini Dilip Jambhekar	51,000.00
Rukmani Mangal	51,000.00
Rajni S Diwan	51,000.00
Powai Member	51,000.00
Asha Nayak	51,000.00
Rohini Honap	51,000.00
Sanjeev Seth	50,001.00
Asha Savant	50,000.00
Mita Jhaveri	50,000.00
Ramesh Narayan	50,000.00
Madhuri Sheth	50,000.00

NAME	AMOUNT (in INR)
Veena Seth	50,000.00
Pranay Bipin Jhaveri	40,500.00
Sabar Jilla	40,000.00
Rajeev M	40,000.00
Sanjiv P	36,000.00
Vasanti Rane	35,000.00
Mandar Vaidya	31,500.00
Hansraj Ramch and Talreja	31,000.00
Jeanette Saldanha	31,000.00
Urmi Sampat	30,000.00
Sharad Loknath Tibrewala	30,000.00
Ashok Puranik	30,000.00
Jyostna Gokhale	30,000.00
Shamantakamani Narendran	30,000.00
Supriya Banerjee	30,000.00
Snehal Sriram	26,932.50
Ramaswamy P	26,000.00
Online G	25,537.00
Satyabhama Subramanian	25,000.00
C Madhav Pai	25,000.00
Shlok Swanni	25,000.00
Hari Iyer	25,000.00
Arun Sanghi	25,000.00
Ashok Gopinath	25,000.00
Vishwanath G Bhat	24,000.00
Sanjay Asher	24,000.00
Prithvi Khanna	22,000.00
Rohan Sunil Wagh	21,500.00
Uma Srinivasan	21,000.00
Haren Jokhakar	20,001.00
Hoshang D Nanavati	20,000.00

## INDIVIDUAL DONORS

NAME	AMOUNT (in INR)
Omprakash	20,000.00
Rhoda Doctor	20,000.00
Kewal Krishan Nohria	20,000.00
Sumitra Manjunath	20,000.00
Geetha Kumari Nair	18,000.00
Soni Israni	18,000.00
Paritosh Cholia	15,000.00
Sweta Vakil	15,000.00
Lalitha Simha	15,000.00
Sonia Bhatia	13,675.00
Rohan Sunil Wagh	13,010.00
Dinoo Patel	13,000.00
Pramila Bhatia	12,000.00
Harshad Parekh	12,000.00
Hemant Vakil	11,000.00
Usha Thanawala	11,000.00
Krishan Sarup Kalra	11,000.00
Anirudh Bholatia	11,000.00
Sundaram Vishwanathan	11,000.00
Anand Jayantilal Mehta	10,500.00
Sushila Rawat	10,500.00
Subhash Bhatia	10,500.00
Dimple Sundeep Karkhanis	10,500.00
Rajnikant Reshamwala	10,000.00
Nawshir Mirza	10,000.00
Joyce Sankaran	10,000.00
Geeta Iyengar	10,000.00
V Sridhar Rao	10,000.00
Vaidyanath Kanna Doraiswami	10,000.00
Chandrashekhar Kamath	10,000.00
Joaquim Diego D'souza	10,000.00

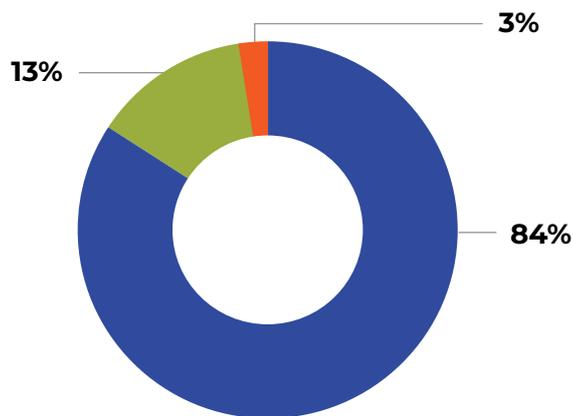
NAME	AMOUNT (in INR)
Usha Nair	10,000.00
Arun Kumar Rai	10,000.00
Ramani S Iyer	10,000.00
Nikhil Kakodkar	10,000.00
Lakshmi Srinivasan	10,000.00
Rupali Sen	10,000.00
Sadhana Jain	10,000.00
Arin Master	10,000.00
R Kumar	10,000.00
Indira Suresh Kotak	10,000.00
Bhagchand Jain	10,000.00
Dhananjay Chitnis	10,000.00
Sayeeda Adam Patil	10,000.00
K Viswakumar	10,000.00
Madhu Pahwa	10,000.00
Arvind Kumar	10,000.00
Rhoda Doctor	10,000.00
Sunil Gupta	10,000.00
Anju Uppal	10,000.00
Aparjit Sen	10,000.00
Sudha Nadig	10,000.00
Shevanthi Rao	10,000.00
Sikha Chakraborty	10,000.00
Netaji Subhash Chandra Bose	10,000.00
GK Subramanian	10,000.00
Indra Pasricha	10,000.00
V Sundaram	10,000.00
Geetha Subharam	10,000.00
Vishwanath Sundaram	10,000.00
Perin Bilia	1,000.00
<b>TOTAL</b>	<b>53,93,657.50</b>

# Financials

## FINANCIAL PERFORMANCE AT A GLANCE | FY 2022-2023

INCOME	AMOUNT (in INR)	PERCENTAGE %
Donations	48,846,818.00	84%
Membership Contributions	7,792,837.00	13%
Income from Other Sources	1,501,927.00	3%
<b>TOTAL</b>	<b>58,141,583.00</b>	<b>100%</b>

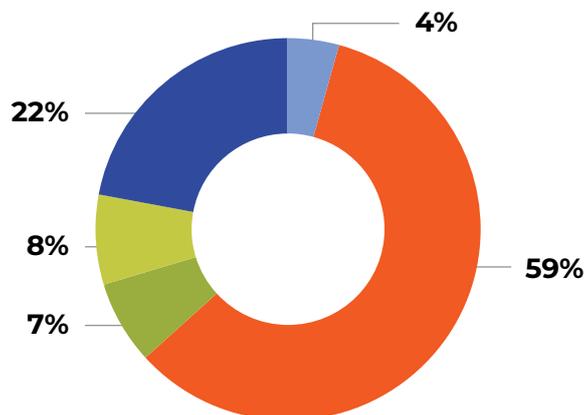
### INCOME



● DONATIONS     
 ● MEMBERSHIP CONTRIBUTIONS     
 ● INCOME FROM OTHER SOURCES

EXPENDITURE	AMOUNT (in INR)	PERCENTAGE %
Educational	23,66,127.00	4%
Medical Relief	3,30,08,012.80	59%
Relief of Poverty	39,46,176.00	7%
Other Charitable objects	42,07,079.00	8%
Administrative Expenses	1,23,01,219.56	22%
<b>TOTAL</b>	<b>5,58,28,614.36</b>	<b>100%</b>

### EXPENSE



● EDUCATIONAL     
 ● MEDICAL RELIEF     
 ● RELIEF OF POVERTY  
● OTHER CHARITABLE OBJECTS     
 ● ADMINISTRATIVE EXPENSES

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

**Opinion**

We have audited the financial statements of **Dignity Foundation**, which comprise the Balance Sheet as at 31st March, 2023 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 31<sup>st</sup> March 2023 and of its financial performance for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

**Basis for Opinion**

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

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

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

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

**Auditor's Responsibilities for the Audit of the Financial Statements**

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



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Mumbai-400 001, INDIA  
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Fax : +91 - 22 - 22657093  
E-mail : bdj@bdjokhakar.com  
Website : www.bdjokhakar.com

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

1. We report that

- i. In our opinion and to the best of our information and according to the explanations given to us, the said accounts give the information required by the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950), in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:
  - a. in the case of the Balance Sheet, of the state of affairs of the **Dignity Foundation** as at March 31, 2023; and
  - b. In the case of the Income and Expenditure Account, of the excess of income over expenditure for the year ended on that date.
- ii. As required by the provisions relating to the accounts audited under Sub Section 2 of Section 33 and 34 and Rule 19 of the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950) we further report as follows: -
  - a. The accounts are maintained regularly and in accordance with the provisions of the Act and Rules.
  - b. The Receipts and disbursements are properly and correctly shown in the accounts.
  - c. The cash balance & vouchers are in the custody of the manager or trustee on the date of audit were in agreement with the accounts.
  - d. All books, deeds, accounts, vouchers or other documents or records required by us were produced.
  - e. A register of movable & immovable properties is maintained, the changes therein are communicated from time to time to the regional office and the defects and inaccuracies mentioned in the previous audit report have been duly complied with.
  - f. All necessary information required by us has been furnished to us by the manager and trustee whenever called upon.
  - g. No property or funds of the Trust were applied for any object or purpose other than for the object or purpose of the Trust.
  - h. There are no amounts which are outstanding for more than one year and the amounts written off are disclosed in Schedule XV of the Financial Statements.
  - i. There were no tenders invited for repairs or construction involving expenditure exceeding Rs.5,000/-.
  - j. The moneys of the Trust have not been invested contrary to the provisions of Section 35.
  - k. There is no alienation of the immovable property contrary to the provisions of Section 36.



**B. D. Jokhakar & Co.**

- l. So far as it is ascertainable from the books of accounts and according to the information and explanation given to us by the Treasurer, there were no special matters which are required to be brought to the notice of the Deputy Charity Commissioner.
- m. So far it is ascertainable from the books of accounts and according to the information and explanation given to us, there were no cases of irregular, illegal or improper expenditure or failure or omission to recover money or other properties belonging to the Trust or of loss, waste of money or other property thereof.
- n. The budget has been filed in the form as provided by Rule 16-A.
- o. The maximum and minimum number of the members of the Managing Committee is maintained.
- p. The meetings are held regularly as provided in the rules and regulations.
- q. The minute's book of the proceedings of the meeting is maintained.
- r. None of the members of the Managing Committee has any interest in the investment of the Trust.
- s. None of the Trustee is a debtor or creditor of the Trust except the Trust has received unsecured interest free loan from a Trustee for the purpose of the Object of the Trust.
- t. No irregularities were pointed out by the Auditors in the accounts of the previous year.

Place: Mumbai  
Date: 25<sup>th</sup> September, 2023



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

Raman H. Jokhakar  
Partner

Membership No.103241  
UDIN: 23103241BGSWJI3778

**SCHEDULE VIII**

(Rule 17(1))

Name of the Public Trust: DIGNITY FOUNDATION  
Balance Sheet as at 31<sup>st</sup> MARCH, 2023

Number of the Trust: F 19856 (BOM)

FUNDS AND LIABILITIES		Rs.	Rs.	PROPERTY AND ASSETS		Rs.	Rs.	
<b>Trust Funds or Corpus -</b>				<b>Immovable properties - (At Cost)</b>				
Balance as per last balance-sheet		47,14,748						
Adjustment during the year	Sch I	16,400	47,31,148	Additions or deductions (including those for depreciation), if any during the year		NIL		
				Less: Depreciation up to the date		NIL		
				Add: Capital W.I.P.				
<b>Other earmarked funds -</b>								
<i>(Created under the provisions of the trust-deed or scheme or out of the income)</i>								
Depreciation Fund			NIL	<b>Investments:</b>				
Sinking Fund			NIL	Fixed Deposits with Bank	Sch IV	89,36,255		
Reserve Fund			NIL					
Any other Fund	Sch II	16,58,283	16,58,283	<b>Fixed Assets:</b>				
<b>Loans (Secured or Unsecured):</b>				Balance as per last balance-sheet		32,30,084		
From trustees (Unsecured, Interest Free from Dr. Sheila Sreenivasan)			56,00,000	Additions during the year	Sch V	18,15,832		
From others			NIL	Less: Sales / Written off				
				Depreciation up to the date		8,38,636	42,07,080	
<b>Liabilities:</b>				<b>Loans / secured or Unsecured:</b>				
For Expenses	Sch III	46,21,739	79,06,574	Loans scholarships				
For Advances		16,95,290						
For Sundry Credit Balances		16,79,545						
<b>Income and Expenditure Account</b>				<b>Advances</b>				
Balance as per Balance Sheet		-26,45,468		To Trustees	Sch VI			
Less: Appropriation, if any				To Employees				
Add: Deficit as per Income & Add. Surplus Expenditure A/c		23,12,888	(3,32,495)	To Contractors				
				To Lawyers				
				To Others			2,76,191	2,76,191
				Security Deposits	Sch VII		17,73,471	
Branches / Chapters	Sch X		NIL	<b>Income Outstanding:</b>				
Notes to Accounts	Sch XVII			Rent	Sch VIII	33,943		
				Interest (Accrued)		53,314	87,257	
				Other income (Outstanding)				
				<b>Cash and Bank Balance:</b>				
				(a) Cash		16,781		
				(a) In Bank A/c	Sch IX	38,51,492		
				(b) With the trustee		NIL		
				(c) With the manager		NIL		
				(d) Cheques on hand		5,05,000	43,73,253	
<b>Total Rs.</b>			<b>1,96,53,507</b>	<b>Total Rs.</b>			<b>1,96,53,507</b>	

Market value as at the date of the balance sheet should also be given by way of a note. Particulars of investments in securities in which the trustee 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. Jadhkar & Co.  
Chartered Accountants  
FRN: 104345W

Date: 25th September, 2023  
Place: Mumbai

*Dr. Sheila Sreenivasan*  
Dr. Sheila Sreenivasan  
Trustee

*Mr. Gopal Srinivasan*  
Mr. Gopal Srinivasan  
Trustee

*Mr. Pranay Vakli*  
Mr. Pranay Vakli  
Trustee

*Raman H. Jadhkar*  
Raman H. Jadhkar  
Partner Mem. No. 103241



**SCHEDULE IX**

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**  
Income and Expenditure for the year ending : **31st MARCH, 2023**

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			
To Establishment expenses	Sch XV		1,11,85,740	on Bank Account	Savings Bank	Sch XI	1,80,621
					Fixed Deposit		4,12,247
To Remuneration to trustees			NIL				5,92,868
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any.			NIL	By Dividend			NIL
To Legal & Professional expenses			1,46,643	By Donations in cash or kind	Sch XII		4,86,46,818
To Audit fees			1,30,000	By Grants			NIL
To Depreciation	Sch V		8,38,836	By Income from other sources-			
				Income from Events & Activities	Sch XIII	85,41,645	
To Amount Written Off				Miscellaneous Income	Sch XIV	1,60,251	87,01,896
(a) Bad Debts			NIL	By Transfer from Reserve			NIL
(b) Loan Scholarship			NIL	By Deficit			NIL
(c) Irrecoverable Rents			NIL	(carried over to Balance Sheet)			
(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			23,66,127				
(c) Medical Relief	Sch XVI		3,30,08,013				
(d) Relief of poverty			39,46,178				
(e) Other Charitable Objects			42,07,079				
			4,35,27,395				
To Surplus (carried over to Balance Sheet)			23,12,968				
<b>Total Rs.</b>			<b>5,81,41,582</b>	<b>Total Rs.</b>			<b>5,81,41,582</b>

For Dignity Foundation

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

*Dr. Sheelu Sreenivasan*

Dr. Sheelu Sreenivasan  
Trustee

*Mr. Gopal Srinivasan*

Mr. Gopal Srinivasan  
Trustee

*Mr. Pranay Vakil*

Mr. Pranay Vakil  
Trustee

*Raman H. Jokhakar*

Raman H. Jokhakar  
Partner, Mem. No. 103241

Date: 25th September, 2023  
Place: Mumbai



# DIGNITY FOUNDATION TRUST

## SCHEDULE XVII

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2023

### 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 23<sup>rd</sup> December, 1997 and holds the following registrations

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

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

### B. SIGNIFICANT ACCOUNTING POLICIES

#### 1. Method of Accounting

The Trust follows the mercantile system of accounting and recognizes income & expenditure on an accrual basis except in case of significant uncertainties. Expenses which are of enduring nature i.e. where benefits of which are enjoyed over 2 or more years are amortized over such period instead of writing off the same in the year in which they are incurred.

#### 2. Fixed Assets

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

#### 3. Depreciation

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

#### 4. Provision for Taxation

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

### C. NOTED TO ACCOUNT

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



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



# Ways to Donate

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



## BECOME A DONOR:

Any amount of donation made to Dignity Foundation is valuable to enrich the lives of needy elderly members. Donations to Dignity Foundation are 50% tax exempt under Sec. 80G of the IT Act. We are also eligible to accept foreign donations under FCRA Regulations.

Donations can be made online at [www.dignityfoundation.com/donate](http://www.dignityfoundation.com/donate), via UPI ID [cfpay.dmdignityfoundation1@icici](https://cfpay.dmdignityfoundation1@icici) or by scanning this QR code using any popular UPI app.



## 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



**Dignity**   
**Foundation** <sup>SM</sup>  
Spearheading Eldercare Since 1995

**Dignity Foundation**

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