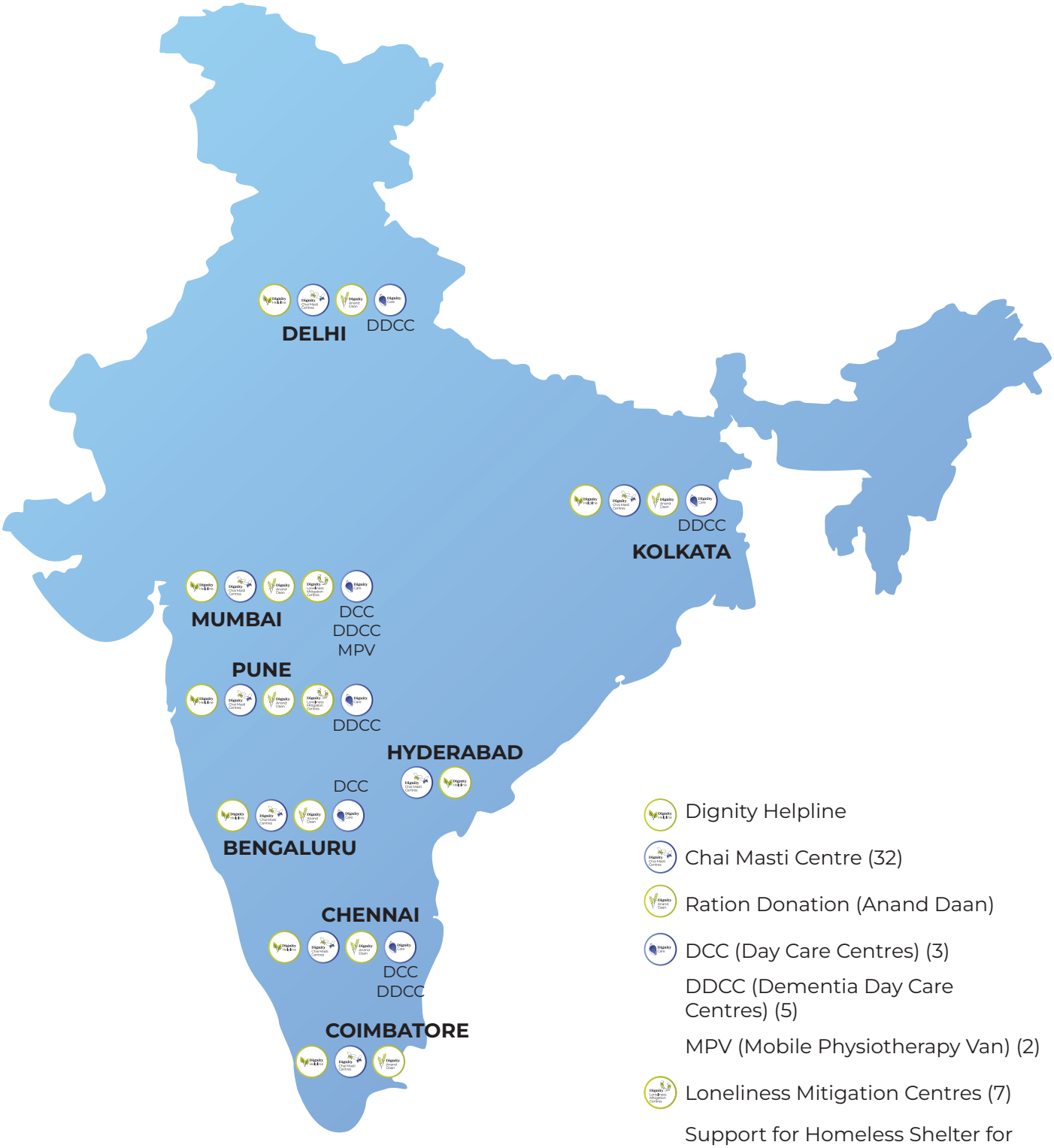
Dignity Foundation℠



ANNUAL REPORT 2025-26

PROGRAMME OUTREACH



- Dignity Helpline
- Chai Masti Centre (32)
- Ration Donation (Anand Daan)
- DCC (Day Care Centres) (3)
- DDCC (Dementia Day Care Centres) (5)
- MPV (Mobile Physiotherapy Van) (2)
- Loneliness Mitigation Centres (7)
- Support for Homeless Shelter for Elderly, Chennai (3)

*AT THE TIME OF PRINT

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ABOUT US

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



To change the way people look at Ageing in India.

DIGNITY CARE SERVICES

- Geriatric Day Care Centres for Poor Elderly
- Dementia Day Care Centres for Senior Citizens
- Geriatric Mobile Physiotherapy Van for Poor Elderly
- Support for Homeless Shelter for Elderly
- Loneliness Mitigation Centres for Poor Elderly
- Chai Masti Recreation Centres for Senior Citizens
- Dignity Dialogue Magazine for Senior Citizens

DIGNITY SUPPORT SERVICES

- Dignity Helpline **91520 17120**
- Monthly Dry Ration Kit Distribution to Poor Elderly (Anand Daan)



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

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

The Foundation operates a range of initiatives including senior citizen engagement centres, dementia day care services, health and wellness programs, elder helplines, and community outreach services. These programs provide opportunities for seniors to remain socially active, access essential healthcare support, and receive guidance in navigating challenges associated with ageing.

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



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

BOARD OF TRUSTEES



DR. SHEILU SREENIVASAN



MR. GOPAL SRINIVASAN



MR. PRANAY VAKIL



MRS. SWETA VAKIL



MS. LULU RAGHAVAN



MR. ANAND DALAL



MR. ATUL BANSAL

*AT THE TIME OF PRINT

OUR TEAM



DR. SHEILU SREENIVASAN
Founder President



MS. FELISTA JOSE
Vice President



MS. VAIBHAVI PARMAR
Chief Finance Officer



MS. RUMA CHATTERJEE
Chapter Head - Kolkata



MR. ARUL SAHAYAM
Chapter Head - Chennai



MS. ROOHI NAJIYA
Chapter Head - Pune



MR. SARDAR AHMED
Chapter Head - Bengaluru



MR. DILIP CHAUHAN
Manager – Ananda Yaan & Ration Programme



Mr. Pushpendra Namdev
Manager – Community Based Programmer – Mumbai



MS. PREMA B
Manager – Community Based Programmer – Bengaluru



MR. PRADEEP RATHOD
Manager- Chai Masti Centre



MS. ARCHANA JEKTE
Manager – Dementia Day Care Centre – Mumbai



MR. M SURYA
Manager – Dementia Day Care Centre – Chennai



MS. SUPRIYA CHAKRABORTY
Manager – Dementia Day Care Centre – Kolkata



MR. VIRENDRA MAISAR
Manager – Physiotheraphy Vans



MR. HARRIS PAUL SAMUEL S
Deputy Manager – Channai Chapter
Manager – Community Based Programme

*AT THE TIME OF PRINT



For 30 years it has been my sheer pleasure in recording my Message as Founder President and Managing Trustee. I have taken voluntary retirement w.e.f January 2026. From this Annual Report onwards I take a bow wishing my Successors great fulfilment in managing Dignity Foundation and Dignity Lifestyle Trust.

DR. SHEILU SREENIVASAN
Founder President

MANAGING TRUSTEE'S MESSAGE

It is with great honour and humility that I write my first message as the Managing Trustee of Dignity Foundation.

At the outset, I would like to express my deepest gratitude to our Founder President, Dr. Sheilu Sreenivasan, whose extraordinary vision, compassion, and unwavering commitment over the past three decades have transformed Dignity Foundation into one of India's most respected organisations dedicated to the wellbeing of senior citizens. Her pioneering leadership has inspired countless individuals and established a strong foundation that continues to guide our mission. It is a privilege to carry this legacy forward.

India is witnessing a significant demographic shift, with its elderly population growing at an unprecedented pace. While increased life expectancy is a remarkable achievement, it also brings new responsibilities. Loneliness, dementia, declining health, financial insecurity, and social isolation are realities that many older persons face today. Addressing these challenges requires not only quality services but also a compassionate society that values and respects its senior citizens.

At Dignity Foundation, we remain steadfast in our commitment to ensuring that every older person lives with dignity, independence, and a sense of purpose. During the year, we continued to strengthen our community-based programmes, Dementia Day Care Centres, physiotherapy outreach, helpline services, advocacy initiatives, and other interventions that promote active, healthy, and meaningful ageing. Each programme reflects our belief that every senior citizen deserves opportunities to remain connected, engaged, and empowered.

As we look ahead, our focus is on strengthening Dignity Foundation as a sustainable, innovative, and impactful organisation. We will continue to expand our reach to underserved communities, deepen partnerships with government, corporate and philanthropic institutions, and develop scalable models of elder care that respond to the evolving needs of India's ageing population. Our commitment is not only to serve more senior citizens but also to create lasting and meaningful impact in their lives.



Felista Jose
Managing Trustee Dignity Foundation

I extend my sincere gratitude to our trustees, donors, CSR partners, members, volunteers, staff, and well-wishers whose unwavering support makes our work possible. Your trust and partnership inspire us to serve with integrity, compassion, and an unwavering commitment to creating greater impact.

The road ahead presents both challenges and opportunities. With your continued support and shared commitment, I am confident that Dignity Foundation will continue to innovate, expand its reach, and touch many more lives. Together, let us build a future where every senior citizen can age with dignity, security, purpose, and hope.

Thank you for believing in our mission and for being an integral part of this journey.

IMPACT
2025-2026

7,200+
Kits
Essential Food & Ration Support

645+
seniors
Access to Government Welfare Schemes & Entitlements

450+
seniors
Loneliness Mitigation Centres (LMC)

32,500+
Meals
Nutritious Mid-Day Meal Support

280+
seniors
Dementia Day Care Services

3,200+
calls
Senior Citizen Helpline Services

1,500+
vulnerable seniors
Community-Based Outreach & Door-to-Door Support

1,131
seniors
Care, Memory & Companionship Centres (Chai Masti Centres)

8,750+
interventions
Physiotherapy & Rehabilitation Services

600+
seniors
Support Services for Homeless Senior Citizens

Community-Based Programme

Empowering Older Persons Through Holistic Community Care

Ageing with dignity requires more than access to healthcare—it requires opportunities to remain healthy, socially connected, financially secure and actively engaged within the community. Dignity Foundation's Community-Based Programme adopts a holistic approach to healthy ageing by integrating preventive healthcare, rehabilitation, nutrition, mental well-being, livelihood support, recreational engagement and access to social entitlements.

Designed to address the physical, emotional, social and economic needs of vulnerable older persons, the programme creates safe and inclusive spaces where seniors receive care, companionship and opportunities to lead active, independent and meaningful lives. Through partnerships with healthcare institutions, government agencies and local communities, the programme strengthens their well-being, independence and overall quality of life.

Mullima Nagar, Chennai

Empowering Seniors Through Community Care

Established in 2020 at Mullima Nagar, Foreshore Estate, the Community-Based Day Care Centre has evolved into a trusted support system for underprivileged older persons, promoting healthy and active ageing through a holistic model of community care. From an initial enrolment of 25 members, the programme has grown to serve **132 older persons,** including **75 regular centre-based participants** and **57 home-bound beneficiaries** receiving personalised support.

The centre addresses the physical, emotional and social needs of older persons through preventive healthcare, rehabilitation, nutrition, physical exercise, cognitive stimulation, counselling, vocational activities, social entitlement facilitation and home-based care. Together, these interventions enable vulnerable seniors to age with dignity, independence and a strong sense of belonging. Today, the centre is more than a day care facility—it is a vibrant community space where older persons receive compassionate care, build meaningful relationships and continue to lead active, purposeful lives.











Programme at a Glance

Indicator	Achievement (2025–26)
Older Persons Enrolled	132
Regular Centre Participants	75
Home-based Beneficiaries	57
Specialised Medical Camps Organised	07
Hospital Outreach Visits Facilitated	04
Beneficiaries through Medical Camps	308
Beneficiaries through Hospital Outreach	140

Healthcare and Rehabilitation

Access to affordable, continuous and quality healthcare remained a key priority of the Chennai Chapter during the year. Through community-based medical camps, specialist hospital partnerships and structured follow-up care, the programme addressed both preventive and curative healthcare needs of vulnerable older persons, enabling them to manage chronic illnesses and age-related health conditions with greater confidence and dignity.

Community-Based Preventive Healthcare

During the year, the Chennai Chapter organised seven specialised medical camps, benefiting 308 older persons, including 110 beneficiaries from the surrounding community. By extending healthcare services beyond enrolled members, the programme strengthened community outreach while improving access to quality healthcare for economically disadvantaged seniors.

Conducted in collaboration with leading healthcare institutions, the camps offered consultations in general medicine, dermatology, dental care, ENT, reflexology, acupuncture and ophthalmology. The eye screening camp, supported by Vivekananda Health Mission and Kamadhenu Charity, also facilitated the distribution of free spectacles, restoring vision and enhancing the quality of life of many older persons.

These initiatives were successfully implemented in partnership with Adhiparasakthi Dental College and Hospital, THANC Hospital, Larsen and Toubro Prayas Medical Centre, The DEAN Foundation, UDHI Hospital, Vivekananda Health Mission and Kamadhenu Charity, reflecting the programme's collaborative approach to strengthening community healthcare.





Medical Camps Conducted

Medical Camp	Beneficiaries
Dental Camp	35
Reflexology Camp	31
ENT Camp	35
General Medicine and Dermatology	60
Acupuncture Camp	37
Dental Camp	20
Eye Screening Camp	90
Total Beneficiaries	308

Specialist Hospital Outreach and Follow-up Care

Recognising that preventive healthcare must be complemented by sustained medical follow-up, the Chennai Chapter facilitated hospital outreach visits in partnership with Sree Balaji Hospital, benefiting 140 older persons during the reporting period. These visits enabled comprehensive health assessments, specialist consultations, diagnostic investigations and continuity of care for seniors living with chronic illnesses and age-related conditions. Each visit included general medical consultations, medication reviews, nutritional counselling and lifestyle guidance, ensuring personalised healthcare based on the needs of every beneficiary. Where specialised intervention was required, older persons were referred for further evaluation and treatment.

Specialist Healthcare Services Facilitated

Specialty	Consultations
Orthopedics	33
Ophthalmology	11
Dermatology	06
Physiotherapy	04
ENT	04
Dental	02
Hepatology	02

In addition, beneficiaries underwent ECGs, diabetes blood investigations, X-rays, abdominal scans and other laboratory investigations to support timely diagnosis and treatment planning. To address nutritional deficiencies commonly observed among older persons, 37 beneficiaries received vitamin B12 supplementation under medical supervision, contributing to improved energy levels, nerve health and overall well-being.

When Timely Care Saved a Life

One hospital outreach visit demonstrated the

critical importance of regular medical follow-up. During her clinical assessment, Mrs Kasthoori was found to be in a critical medical condition requiring immediate emergency care. She was promptly admitted to the Intensive Care Unit (ICU), where intravenous fluid therapy and urgent diagnostic investigations were initiated without delay. The timely identification of her deteriorating condition and immediate medical intervention ensured that she received life-saving treatment at the right time. This incident reinforced the value of sustained healthcare support in identifying silent medical emergencies before they become life-threatening.

Healthcare Impact

The Chennai Chapter's healthcare programme extends beyond the provision of medical services. By integrating preventive healthcare, specialist consultations, diagnostic investigations, rehabilitation support and timely referrals, the programme created a seamless continuum of care for vulnerable older persons.

Key Outcomes

- Improved access to preventive and specialist healthcare for vulnerable older persons.
- Early detection and timely management of chronic and age-related health conditions.
- Enhanced mobility, vision and overall physical well-being through specialist interventions.
- Increased community outreach by extending free healthcare services to non-members.
- Strengthened continuity of care through sustained hospital partnerships and follow-up support.
- Life-saving emergency intervention through timely identification of a critical medical condition.

Strengthening Financial Independence Through Self-Help Groups

Financial security is essential to ageing with dignity. To support economically vulnerable older persons, the Chennai Chapter promotes Self-Help Groups (SHGs) as platforms for collective savings, financial inclusion and mutual support. Through regular savings and an internal lending mechanism, members access small loans for medical emergencies, family needs, education and livelihood activities. The initiative has reduced dependence on high-interest borrowing while strengthening financial resilience among participating families.

Beyond financial support, the SHGs foster leadership, accountability and community participation. Over the years, they have evolved into vibrant support networks that promote confidence, self-reliance and social solidarity, empowering older persons to actively participate in family and community life. Today, the SHGs stand as a powerful example of collective action, enabling older persons to achieve greater financial security, resilience and dignity.





Programme at a Glance

Indicator	Achievement
Active Self-Help Groups	02
Total Members	18
Total Savings Mobilised	₹1,74,200
Subscription Collected	₹27,380
Interest Earned on Internal Lending	₹69,960
Bank Interest Earned	₹7,768
Revolving Fund Support	₹20,000
Total Group Corpus	₹2,99,208





Financial Performance of Self-Help Groups

Group	Members	Savings	Subscription	Interest	Bank Interest	RF	Total Corpus
Kurinji	9	88,200	13,540	35,130	3,263	10,000	1,50,133
Roja	9	86,000	13,840	34,830	4,505	10,000	1,49,075
Grand Total	18	1,74,200	27,380	69,960	7,768	20,000	2,99,208

Active Ageing Through Skill Enhancement

The Chennai Chapter promoted active ageing through creative, cultural and livelihood-oriented activities that enhanced the physical, cognitive and emotional well-being of older persons. Members participated in eco-friendly craft workshops, bag painting and recycled art, strengthening creativity, fine motor skills and social interaction while encouraging environmental awareness. A key highlight was the daily crochet training led by Mrs Padmaja, where participants learnt to create handbags, flowers and decorative items. The initiative not only developed new skills but also created opportunities for supplementary income, fostering confidence, independence and a renewed sense of purpose. These activities enabled older persons to remain active, productive and socially connected, reinforcing Dignity Foundation's commitment to promoting healthy and dignified ageing.

Facilitating Access to Social Entitlements

Access to government welfare schemes is critical to ensuring the financial security, healthcare access and social inclusion of vulnerable older persons. During the year, the Chennai Chapter actively supported members in accessing a range of government welfare schemes and essential identity documents. Through documentation assistance, guidance and coordination with government departments, the programme enabled older persons to secure social security benefits, healthcare coverage and essential public services, thereby strengthening their independence and overall quality of life.

Social Entitlements Facilitated

Government Scheme | Service	Beneficiaries Supported
Old Age Pension	70
Chief Minister's Comprehensive Health Insurance Scheme (CMCHIS)	50
Widow Pension	10
Ration Cards	07
Aadhaar Cards	05
Voter ID Cards	04
Bus Pass	01
PAN Card	01
Disability Pension	01
Unmarried Women Pension	01





Nutrition and Well-being

Nutritious meals form an integral part of the holistic care provided at the Mullima Nagar Day Care Centre, supporting the physical, emotional and social well-being of older persons. Every day, members receive healthy morning refreshments such as ragi malt, vegetable soup and roasted chickpeas, followed by a wholesome midday meal and evening tea. These nutritious meals help improve energy levels, support the management of chronic health conditions and ensure that vulnerable older persons receive balanced nutrition.

Beyond meeting dietary needs, shared mealtimes create valuable opportunities for social interaction, reduce loneliness and foster a sense of belonging among members. They also enable the staff to observe participants' overall health and emotional well-being, facilitating timely care and support whenever required.

Programme at a Glance

Nutrition Support	Contribution to Well-being
Morning Nutritious Refreshments	Promotes energy, hydration and a healthy start to the day.
Wholesome Midday Meal	Provides balanced nutrition to support healthy ageing and overall well-being.
Evening Tea and Refreshments	Encourages social interaction, emotional well-being and a sense of belonging.

Essential Support Services

The Chennai Chapter continued to provide essential support services to improve the mobility, health and independence of vulnerable older persons. Based on individual needs, beneficiaries received assistive devices, healthcare support and livelihood assistance, enabling them to lead safer, healthier





and more dignified lives.

Essential Support Services Provided

Support Service	Beneficiaries Supported
Adult Diapers	51
Home-Based Physiotherapy	49
Knee Supports	34
Walking Sticks	22
Walkers	14
Hip Supports	14
Physiotherapy Sessions at the Day Care Centre	12
Essential Medicines	05
Livelihood Support – Canopy Umbrellas	04
Wheelchairs	03



Livelihood Support

To strengthen livelihood opportunities for economically vulnerable older persons, four canopy umbrellas were distributed to senior citizens engaged in small-scale fish vending and fish-cleaning activities. The support provided protection from sun and rain, enabling them to continue their livelihood with greater comfort, safety and dignity.

Recreational and Active Ageing Initiatives

At the Mullima Nagar Day Care Centre, recreation is an integral part of healthy ageing. Through recreational, cultural and therapeutic activities, the centre promotes cognitive health, emotional well-being, physical activity and social connectedness, enabling older persons to lead active and meaningful lives. Throughout the year, members participated in traditional games, creative arts, yoga, cultural celebrations, recreational outings and intergenerational programmes.

Activities such as Pallanguzhi, carrom, memory games and art sessions enhanced cognitive abilities, creativity, fine motor skills and social interaction, while community partnerships fostered inclusion and companionship. Awareness sessions on mental well-being, fall prevention, hygiene, cyber safety, medication management and healthy ageing equipped members with practical knowledge to make informed health decisions and maintain their independence.

Programme Highlights

Focus Area	Key Initiatives
Cognitive Stimulation	Pallanguzhi, carrom, memory games, Debate Day
Creative Expression	Leaf painting, button art, paper crafts, statue painting
Physical and Emotional Well-Being	Yoga, walk and stretch, Sports Day, self-care activities
Cultural and Social Engagement	Pongal, Diwali, Christmas, Independence Day, Friendship Day, recreational outings
Community Engagement	Intergenerational programmes, volunteer engagement, health and awareness sessions





Impact and Achievements

The Day Care Centre significantly improved the quality of life of vulnerable older persons by reducing loneliness and social isolation while enhancing emotional well-being, confidence and social connectedness. Integrated health, physiotherapy, nutrition, cognitive stimulation and welfare support promoted healthier ageing, greater independence and better management of chronic conditions. Access to social entitlements, assistive devices and community partnerships further strengthened dignity, inclusion and overall well-being.

Future Plan and Way Forward

1. Establish a dedicated Day Care Centre in collaboration with the Tamil Nadu Urban Habitat Development Board.
2. Mobilise support for a dedicated vehicle, nutritious meals, ration assistance and livelihood initiatives for vulnerable elders.
3. Strengthen community participation through elderly forums and expanded community-based programmes.
4. Enhance the quality of care through regular staff training in geriatric and community-based elderly care.



Jogeshwari Day Care Centre: Mumbai

Empowering Seniors Through Holistic Community Care

The Jogeshwari Day Care Centre serves as a vibrant community hub dedicated to promoting healthy, active and dignified ageing among economically vulnerable older persons. Designed to address the physical, emotional and social needs of senior citizens, the centre provides a safe and inclusive environment where older persons receive holistic care, build meaningful relationships and continue to lead active and independent lives.

During the reporting period, the centre served 120 registered members, with an average daily attendance of 75 senior citizens. Many beneficiaries are widows, elderly couples and individuals living alone or without regular family support. Through an integrated programme encompassing healthcare, nutrition, rehabilitation, recreation, social protection and emotional support, the centre continues to improve the quality of life of older persons while strengthening their confidence, independence and community participation.

Programme at a Glance

Indicator	Achievement
Registered Members	120
Average Daily Attendance	75
Age Group	60 years and above
Male Members	90
Female Members	30
Wheelchairs	03

Healthcare, Physical Well-Being and Rehabilitation

Promoting healthy ageing remained a core focus





of the Jogeshwari Day Care Centre. Through a combination of yoga, Zumba, physiotherapy and preventive health services, the centre encouraged older persons to remain physically active, manage age-related health conditions and improve their overall well-being.

Daily Yoga and Physical Exercise

Daily yoga sessions formed the foundation of the centre's healthy ageing programme, with over 70 senior citizens participating regularly under the guidance of a certified instructor. Tailored to address age-related conditions such as arthritis, diabetes, joint pain and balance issues, the sessions combined gentle stretching, breathing exercises and relaxation techniques suitable for older adults. Regular participation improved flexibility, mobility, posture and balance while helping reduce stress, improve sleep quality and enhance emotional well-being. Beyond the physical benefits, the sessions fostered discipline, companionship and active community participation.

Zumba for Active Ageing

To complement daily exercise, the centre conducted age-friendly Zumba sessions twice a week,

encouraging older persons—particularly women—to remain physically active through enjoyable, low-impact dance movements. The sessions improved cardiovascular fitness, coordination and balance while creating a vibrant and socially engaging environment. Regular participation enhanced confidence, emotional well-being and social connectedness, demonstrating that physical activity can be both enjoyable and therapeutic.

Preventive Healthcare and Physiotherapy

Preventive healthcare was strengthened through monthly health check-up camps organised in partnership with Piramal Swasthya, benefiting 75–80 senior citizens each month. The camps focused on screening for common age-related conditions including diabetes, hypertension and thyroid disorders, while qualified medical professionals provided consultations, health counselling and essential medicines to support continuity of care.





The centre also organised two physiotherapy sessions every month under the guidance of Dr. Vishal Gupta. Individual assessments and group therapy addressed common concerns such as knee, shoulder, neck and back pain, helping improve mobility, reduce discomfort and enhance functional independence among elderly members. Together, these interventions enabled seniors to better manage chronic conditions while improving their overall health and quality of life.

Programme Impact

The centre's integrated healthcare programme enabled older persons to adopt healthier lifestyles while improving mobility, strength and emotional well-being. Through regular exercise, preventive healthcare, physiotherapy and timely medical guidance, the programme promoted healthy ageing, reduced the risk of age-related complications and strengthened the ability of senior citizens to lead active and independent lives.

Nutrition Support

Adequate nutrition remains essential for healthy ageing, particularly for older persons from economically vulnerable households. The centre's Mid-Day Meal Programme ensured that senior citizens received a nutritious, freshly prepared lunch from Monday to Friday, serving approximately 50 meals daily across 22 working days each month. Each meal comprised chapati, vegetables, rice and dal, providing balanced nutrition while creating opportunities for social interaction and companionship during mealtimes. Beyond addressing food insecurity, the programme fostered a sense of belonging and strengthened the overall well-being of participating seniors.

Social Protection and Access to Entitlements

Access to identity documents and government welfare schemes is critical to ensuring the financial security and social inclusion of older persons. Throughout the year, the centre assisted members





in obtaining and updating Aadhaar Card, PAN Card, Senior Citizen Card, Voter ID Card, Ayushman Bharat Card and ABHA Health IDs, enabling them to access healthcare services, banking facilities and government welfare programmes.

The centre also supported eligible members in availing government pension schemes, including the Indira Gandhi National Old Age Pension Scheme, Indira Gandhi Widow Pension Scheme, Sanjay Gandhi Niradhara Scheme and Shravanbal Nivrutti Pension Scheme. Assistance with documentation, Aadhaar seeding, bank linkage and follow-up with government departments ensured that beneficiaries received their rightful entitlements with minimal difficulty. These interventions strengthened financial security, legal identity and access to public services, empowering older persons to live with greater dignity, independence and confidence.

Recreational, Cognitive and Social Engagement

Recreation remained an integral part of healthy ageing at the Jogeshwari Day Care Centre. Through indoor games, creative activities, newspaper reading and infotainment sessions, the centre promoted cognitive stimulation, emotional well-being and social connectedness. Members participated in activities such as carrom, Housie, Ludo, Snakes and Ladders, daily newspaper discussions, arts and crafts, and movie screenings. These activities enhanced memory, concentration, creativity and fine motor skills while encouraging interaction, companionship and lifelong learning. Together, they reduced loneliness, strengthened social bonds and enabled older persons to remain active, engaged and emotionally fulfilled.

Cultural and Community Engagement

Celebrating festivals together remained an important part of community life at the centre. Major festivals including Ganesh Chaturthi, Navratri, Dahi Handi, Raksha Bandhan and Christmas were celebrated with enthusiasm through devotional activities, music, cultural performances, festive meals and group interactions. These celebrations provided opportunities for older persons to reconnect with cherished traditions, share memories and strengthen social relationships. For many members living alone or with limited family support, the festivities recreated a family-like environment, fostering joy, emotional well-being, cultural pride and a strong sense of belonging.

Community Partnerships and CSR Support

The centre continued to strengthen its services through valuable partnerships with corporate organisations, charitable foundations and community groups. During the year, generous in-kind contributions supported the health, nutrition and well-being of senior citizens.

Key CSR and Community Contributions

Partner	Support Provided
Reliance Foundation	Blankets and household essentials
Chingari Shakti Foundation	Blankets, umbrellas and Sholapuri blankets
HDFC ERGO	Ration kits for vulnerable seniors
United Way Mumbai	Hygiene kits
Rotary Club Sher-E-Panjab	Sponsored nutritious meals
Finserv	First-aid kits, hygiene kits, blankets, diapers and indoor games

These partnerships significantly enhanced the centre's ability to meet the diverse needs of economically disadvantaged older persons while reinforcing a culture of community participation and shared responsibility.

Programme Impact

The Jogeshwari Day Care Centre continued to serve as a vital support system for older persons by promoting healthy ageing, social inclusion and improved quality of life. Through integrated healthcare, rehabilitation, nutrition support, recreation, welfare facilitation and community engagement, the centre enabled senior citizens to remain physically active, emotionally resilient and socially connected.

The programme contributed to:

- Reduced loneliness and social isolation.
- Improved physical health through regular exercise, physiotherapy and preventive healthcare.
- Enhanced access to government welfare schemes and social entitlements.
- Improved nutritional security for vulnerable senior citizens.







- Increased participation in cultural, recreational and community activities, fostering confidence, independence and a sense of belonging.

Vijaya Nagar Day Care Centre: Bengaluru

Giving Priority to Community Care

The Bengaluru Day Care Centre provides a safe and supportive environment where older persons receive structured care, social engagement and emotional support. Designed to promote healthy and active ageing, the centre offers a range of programmes that enhance the physical, emotional and social well-being of senior citizens while fostering dignity, independence and community participation. During the year, the centre served 50 registered members through 240 structured programme activities, including health monitoring, recreational engagement, therapy sessions and community outreach. These initiatives encouraged older persons to remain active, socially connected and engaged in meaningful daily activities, while also strengthening family involvement and caregiver support.





Healthcare, Rehabilitation and Active Ageing

Promoting healthy ageing remained a key focus of the Bengaluru Day Care Centre. Members participated in regular health monitoring, physical exercise, therapy sessions and structured wellness programmes designed to maintain mobility, improve physical fitness and support emotional well-being. The centre also organised health camps and wellness sessions, enabling early identification of common age-related health concerns while encouraging preventive healthcare practices. Together, these initiatives empowered older persons to lead healthier, more active and independent lives.

Recreational, Cognitive and Social Engagement

Recreational activities formed an integral part of the centre's holistic approach to healthy ageing. Group activities, memory-enhancement exercises, therapy sessions and celebrations provided opportunities for cognitive stimulation, emotional well-being and social interaction. Regular participation encouraged older persons to remain mentally active, build meaningful relationships and participate confidently in community life. These activities fostered a vibrant, inclusive environment where members experienced companionship, purpose and a strong sense of belonging.









Government Schemes and Social Protection

The Bengaluru Chapter actively supported senior citizens in accessing government welfare schemes, healthcare benefits and assistive support services. Members received assistance in availing pension schemes, health insurance, women empowerment programmes and other social welfare benefits. The centre also facilitated access to assistive devices such as wheelchairs, walkers, hearing aids and mobility aids through government schemes and donor partnerships. Guidance on documentation and application procedures ensured that vulnerable older persons could access their rightful entitlements with dignity and ease.

Community Engagement and Special Events

Community engagement remained central to the centre's activities throughout the year. Awareness programmes, health camps, wellness sessions, festival celebrations and cultural events encouraged active participation while strengthening social bonds among members. Birthday celebrations, volunteer interactions and community gatherings created opportunities for companionship, emotional support and joyful engagement, helping to reduce loneliness and promote a strong sense of community among older persons.



Impact Story

Mrs Gowramma Thimmayya – Regaining Confidence Through Community Care

Mrs Gowramma Thimmayya joined the Bengaluru Day Care Centre after experiencing multiple falls that resulted in hospitalisation and increased dependence on others. Through regular care, supervision, structured activities and continuous health monitoring, she gradually regained confidence and improved her physical and emotional well-being. Participation in the centre's daily programmes helped her establish a healthier routine, rebuild social connections and regain greater independence. Her journey reflects the transformative impact of compassionate, community-based care in enabling older persons to age with dignity and confidence.

Programme Impact

The Bengaluru Day Care Centre continues to provide a safe and inclusive space where older persons receive holistic care, companionship and opportunities for active participation. Through integrated healthcare, recreational engagement, welfare facilitation and community support, the programme has strengthened the physical, emotional and social well-being of senior citizens while promoting healthy, dignified and independent ageing.

PROGRAMMES

Physiotherapy Vans Project

Mumbai

Comprehensive Operational Audit and Location Intelligence for Mobile Physiotherapy Vans (Van 1 and Van 2)

1. Executive Overview and Programme Mandate
This annual analytical report provides a rigorous spatial and clinical audit of the field deployments executed by mobile physiotherapy vans (Van 1 and Van 2) across a 12-month calendar loop. The programmatic design focuses on bridging structural and geographical gaps in primary healthcare delivery by setting up targeted medical camps in high-density corridors, localised sub-hubs, and economically vulnerable pockets across urban and semi-urban clusters.

Across the entire operating year, the mobile fleet achieved a collective volume of 4,374 patient interactions. Mobile physiotherapy Van 1 demonstrated established, stable community coverage, accounting for 3,411 consultations (78% of the programme's reach). Mobile physiotherapy Van 2 acted as a dynamic mobilisation unit, expanding operations post-Q1 to deliver care to 963 patients. Musculoskeletal conditions—primarily joint deterioration and spinal stress—dominated the clinical landscape, emphasising the programme's critical role as an accessible, close-to-home geriatric care resource.

4,374 Total Footfall	**61** Vans 1 Camps
21 Vans 2 Camps	**1,741** Knee Issues





2. Operational Timeline and Patient Volume Trends

Analysis of monthly intake velocity reveals structural variance between the two operations. Van 1 represents a continuous care asset, operating uniformly across all 12 months with a monthly mean of 284.2 patients. Its highest volume occurred in February with 340 active patients, showing a highly consistent and embedded presence. Van 2, on the other hand, recorded zero entries during Q1 (April to June) due to structural staging, launching actively in July with a surge of 206 consultations. It maintained an operational average of 107 patients per month for the remaining timeline, demonstrating substantial localised demand.

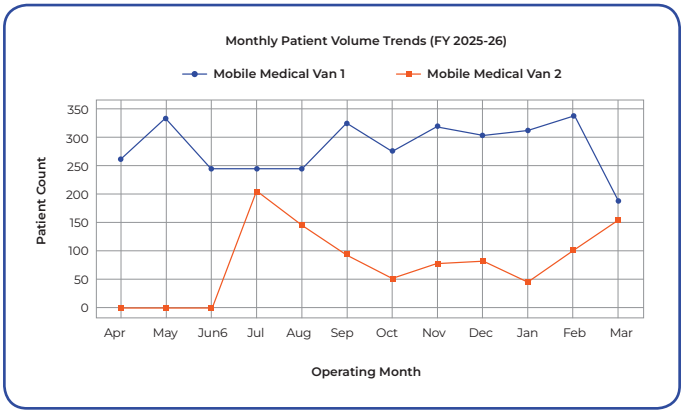


Figure 2.1: Monthly Patient Footfall Trends for Van 1 and Van 2.

3. Geographical Profiles and Deployment Route Intelligence

Geographical tracking highlights wide structural differences in the deployment footprints of both units. Van 1 executed a hyper-localised strategy across 61 unique operational locations. Its deployment concentrated around the Bhandup hub (23 locations) and the Mulund hub (12 locations), supplemented by an active presence in the Thane region (9 locations) and Kanjurmarg hub (8 locations). This layout represents a highly focused approach to sub-urban pockets.

In contrast, Van 2 managed an extended urban circuit spanning 21 locations across central, western, and southern Mumbai corridors. Its primary hubs included South Mumbai (Byculla,

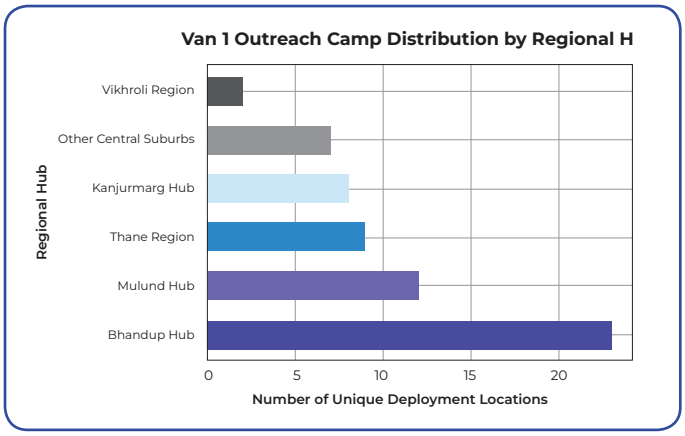


Figure 3.1: Van 1 Outreach Camp Distribution by Regional Hub.

Mazgaon, Chinchpokali, and Kala Chowki) and the mid-city corridor (Worli, Prabhadevi, Dadar, and Wadala), alongside targeted western extensions into Jogeshwari. This wide geographical coverage demonstrates the unit's versatility in adapting to varied urban healthcare landscapes.

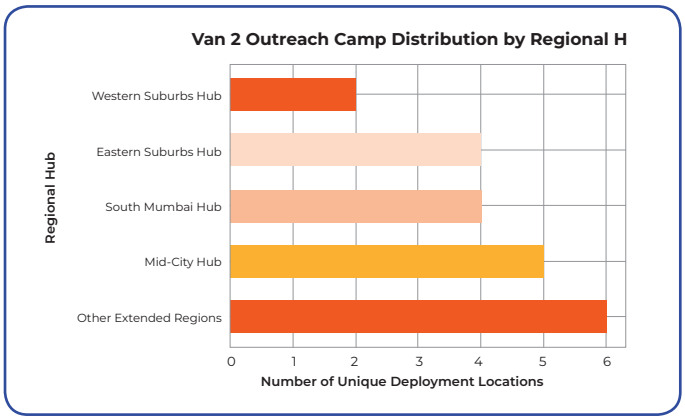


Figure 3.2: Van 2 Outreach Camp Distribution by Regional Hub.



Mobile Unit	Core Operational Hubs	Key Deployment Locations Covered
Physiotherapy Van 1	Bhandup hub, Mulund hub, Thane region, Kanjurmarg hub	Rama Nivas (Bramhand), Taricha Pada (Kolshet), Motibai Wadi, Mulund Station (W), Hindustan Chowk, Hanuman Chowk, Bhandup Gaon, Gavanpada, Datar Colony
Physiotherapy Van 2	South Mumbai, mid-city corridor, western suburbs, eastern extensions	Byculla Chai Masti Centres, Mazgaon Chai Masti Centres, BDD Chawl Worli, Prabhadevi Station, Kala Chowki, Dadar Station East, Chunabhatti, Sion Koliwada, Jogeshwari DCC, Korba Mithagar

4. Patient Demographics and Cohort Intelligence

The gender distribution across the combined pipeline shows a distinct skew toward female care-seeking behavior. Female patients represented 54.6% (2,386 individual visits) of total consultations, while male patients comprised 45.4% (1,988 visits). This variance was particularly notable in Van 2 routes, where female participation reached 61.2%, highlighting the clinic's effectiveness in surmounting local transport and accessibility barriers for women.

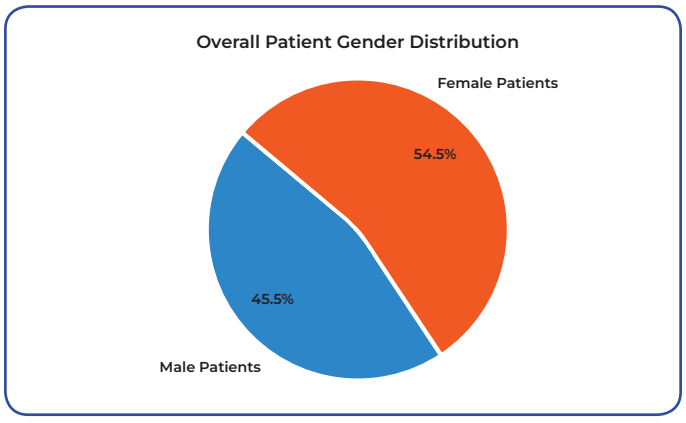


Figure 4.1: Programme-Wide Gender Split Analysis.

Age distribution analytics reinforce that the programme serves primarily as a specialised geriatric resource. Patients aged 51 to 70 years old made up 72% of cumulative registrations (3,148 visits). The single largest cohort was the 61–70 age tier, which accounted for 1,723 instances, indicating a sharp demand for accessible joint and age-related maintenance therapeutics.



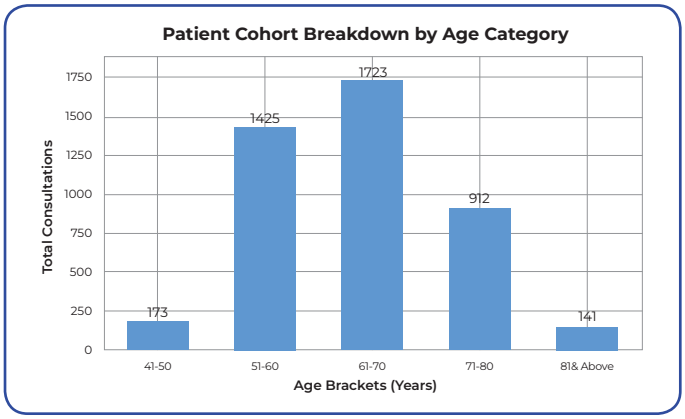


Figure 4.2: Frequency Breakdowns Across Specific Age Tiers.

5. Clinical Presentations and Pathological Prevalence

The medical field logs recorded 19 distinct physical symptoms and follow-up activities. Chronic musculoskeletal stress forms the primary diagnostic footprint, led by knee pain with 1,741 recorded cases (39.8% of the total workload) and lower back pain with 1,237 instances (28.3%). Combined, these two issues make up over two-thirds (68.1%) of the entire programme volume.

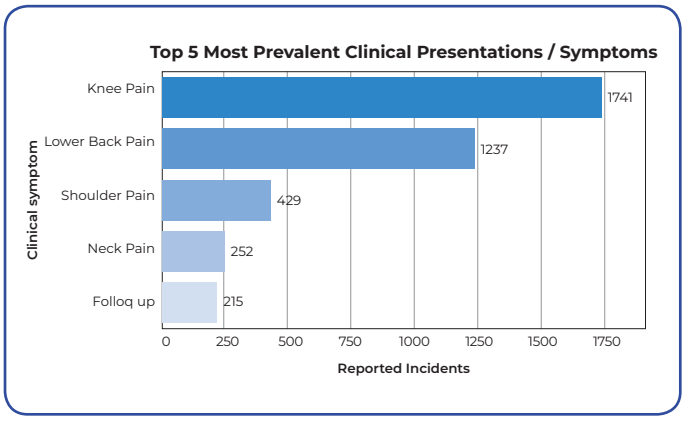
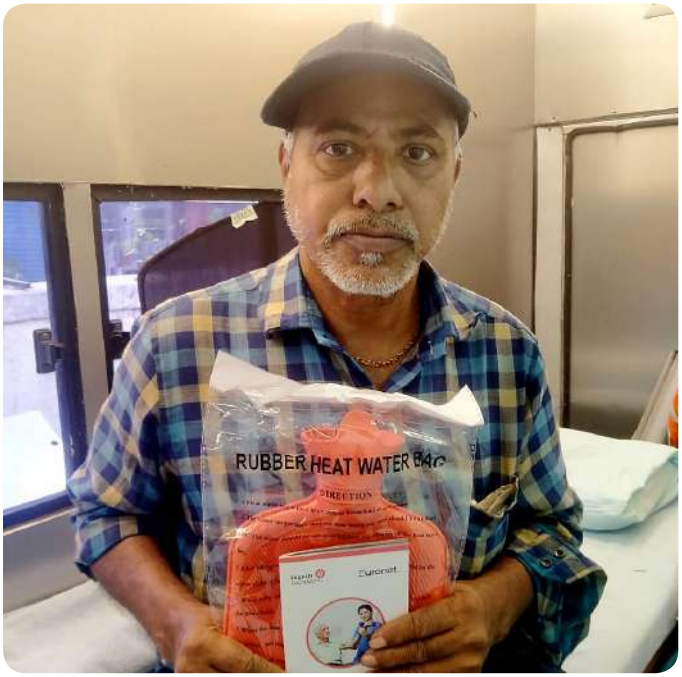


Figure 5.1: Top 5 Most Prevalent Clinical Presentation Classes.









Clinical Presentation Class	Van 1 Frequency	Van 2 Frequency	Aggregated Total
Knee Pain	1,253	488	1,741
Lower Back pain	1,016	221	1,237
Shoulder Pain	343	86	429
Neck Pain	222	30	252
Follow-Up	215	0	215
Ankle Pain	42	32	74
Calf Pain	37	12	49
Other	6	41	47
Heel Pain	34	7	41
Hemiparesis	31	5	36
Cervical Pain	0	26	26
Finger Sprain	14	7	21
Hip Pain	16	4	20
Perkinsoris	13	2	15
Balance	4	0	4
Vertigo	3	1	4
Varricose	3	0	3
Chest Pain	1	1	2
Sciatica	1	0	1



Conclusion

The mobile medical van programme serves as a critical, high-impact clinical bridge for underserved populations, managing 4,374 patient interactions across its deployment networks this fiscal year. By applying these regional and process optimisations, the mobile initiative can successfully transition into a highly coordinated chronic care and screening infrastructure, maximising patient wellness and driving health equity across all covered urban and suburban hubs.

Support For The Homeless Shelter For The Elderly

Introduction

The Support for the Homeless Shelter for the Elderly programme continued to provide holistic care, protection, and dignity-centred interventions for homeless and vulnerable senior citizens residing in shelters and urban communities across Chennai. Through a combination of shelter-based care, community outreach, psychosocial engagement, entitlement facilitation, healthcare access, recreational therapy, and awareness initiatives, the programme addressed the multidimensional needs of elderly beneficiaries living in conditions of neglect, isolation, ill health, and social exclusion. Throughout the year, sustained efforts were undertaken to strengthen preventive healthcare.

This was in addition to improving the emotional well-being of the elderly, promote active ageing, and ensure access to social protection schemes and assistive support systems. The programme also focused on fostering social connectedness, cultural participation, cognitive stimulation and community integration through innovative and therapeutic activities conducted both within shelters and community forums. Through collaborative partnerships with hospitals, medical professionals, wellness practitioners, and community stakeholders, the programme reinforced its commitment to restoring dignity, enhancing quality of life, and creating compassionate support systems for the homeless and underprivileged elders.



Impact Numbers

Shelter Interventions

Intervention Area	Annual Numbers
Shelter residents reached	421
Medical camps conducted	14
Residents screened in medical camps	560
Cataract operations	17
Physiotherapy sessions	168
Active ageing and CST sessions	360
Monthly nutritional refreshments provided	152 residents
Grooming kits for residents	185 residents
Medical follow-ups and dressings for wounds	121 members
Medicines	218
Referral and reintegration	67

SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY

Intervention Area	Annual Numbers
Social entitlements procured	8 Aadhar cards 7 Bank books 5 Voter ID 5 Pensions 6 Health insurance
PMDK support	8 Hearing aids 40 Walkers and sticks 40 Hip and knee belts
Pain relief balm	394



Community Interventions

Intervention Area	Annual Numbers
Community beneficiaries reached	500-600
Forum visits conducted	144
Community awareness sessions	28
Health awareness programmes	10
Walking sticks distributed	24
Walkers distributed	52
Bedsheets distributed	300
Pain relief balm distributed	442
Literacy and skill-building sessions	24
Monthly nutritional refreshments	265
All forum meetups	15
Tarpaulin sheets provided	72

Key Updates

- Strengthened healthcare access for shelter residents through regular collaborations with hospitals, wellness centres, physiotherapists, psychiatrists, reflexology practitioners, and alternative therapy specialists.
- Expanded holistic healthcare interventions through eye camps, ENT screenings, orthopaedic consultations, physiotherapy support, reflexology therapy, acupuncture, mental health consultations, naturopathy camps, and ayurvedic treatment sessions.
- Continued psychiatric follow-up consultations in collaboration with SCARF to ensure continuity of mental health care for residents experiencing depression, anxiety, psychosis, and emotional distress.
- Reinforced entitlement facilitation services including Aadhaar enrolment, voter ID support, pension applications, PM insurance enrolment, CM insurance processing, ABHA registration, and access to social welfare documentation.
- Strengthened community outreach through regular forum visits across Narayanappa, Ratan Bazar, Davidson, Stringers, Moore Street, Aduthoti, Sembudoss, and surrounding vulnerable urban pockets.
- Expanded mobility and outreach support through the distribution of walkers, bedsheets, pain relief balms, and mobility assistance devices for vulnerable elders and differently abled beneficiaries.

SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY



- Enhanced psychosocial well-being initiatives through structured recreational therapy, creative engagement sessions, therapeutic games, cultural celebrations, memory stimulation exercises, storytelling sessions, and emotional expression activities.
- Conducted continuous health and preventive awareness sessions on topics including kidney health, pneumonia prevention, suicide prevention, hand hygiene, nutrition, elder abuse awareness, cancer awareness, human rights, water conservation, and healthy ageing.
- Strengthened community literacy and empowerment efforts through Graduation Day celebrations and functional literacy interventions that enabled beneficiaries to develop basic reading and writing skills.
- Promoted active ageing and social participation through inclusive cultural celebrations such as Pongal, Diwali, Holi, Onam, Christmas, Women's Day, Friendship Day, Valentine's Day, and multiple recreational observance days.



Featured Highlights

Comprehensive Eye Care Interventions for Shelter Residents

Multiple eye screening camps were organised throughout the year in collaboration with reputed healthcare institutions including Rajan Eye Care, IVI Team, and The Eye Foundation. Residents underwent comprehensive eye examinations supported by blood pressure and sugar screening assessments. Several elders were diagnosed with cataracts, refractive errors, fungal infections, and other age-related visual impairments, enabling timely referrals for surgeries, spectacles, and specialised treatment. These interventions significantly improved access to preventive ophthalmic care for vulnerable shelter residents.

Mental Health Inclusion Through Psychiatric Support and Screening

Mental health remained a key focus area under the programme through collaborations with the Schizophrenia Research Foundation (SCARF). Shelter residents underwent structured mental health screenings and psychiatric follow-up consultations to identify concerns such as depression, anxiety, emotional distress, fear, and psychosis. Medication support, psychiatric consultations, and continuous follow-up mechanisms ensured that residents received sustained psychosocial care, emotional reassurance, and improved mental health support within the shelter environment.

Holistic Wellness Through Reflexology, Physiotherapy, and Alternative Therapies

The programme strengthened non-invasive and complementary healthcare interventions through physiotherapy camps, foot reflexology sessions, acupuncture therapy, naturopathy support, and ayurvedic wellness

SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY

camps. Residents experiencing chronic pain, joint stiffness, muscle cramps, stress-related symptoms, and mobility challenges benefitted from therapeutic interventions designed to enhance comfort, circulation, relaxation, and functional well-being. These initiatives contributed significantly to improving the physical and emotional quality of the life of shelter residents.

Community Empowerment Through Functional Literacy Initiatives

Graduation Day celebrations conducted at the CCHP office marked a major milestone in the programme's community empowerment efforts. Beneficiaries who previously lacked literacy skills successfully completed foundational learning sessions and confidently wrote their names during the graduation ceremony. The initiative symbolised dignity, empowerment, and lifelong learning, reinforcing the belief that education and self-development remain possible at every stage of life.

Elder Rights and Health Awareness Campaigns

A series of awareness campaigns were conducted across shelters and community forums addressing critical themes including elder abuse prevention, suicide prevention, cancer awareness, kidney health, nutrition, hygiene, pneumonia prevention, and legal rights of senior citizens. Sessions led by advocates, healthcare professionals, and awareness facilitators strengthened health literacy, legal awareness, emotional resilience, and preventive healthcare practices among the elderly beneficiaries.

Cultural and Recreational Therapy for Psychosocial Well-Being

The programme integrated recreation, culture, and therapeutic engagement into elder care through celebrations such as Onam, Diwali, Holi, Christmas, Pongal, Friendship Day, Women's Day, and Valentine's Day. Residents and community beneficiaries actively participated in art-based activities, storytelling sessions, music, dance, memory exercises, games, and cultural performances that promoted emotional expression, social connectedness, cognitive stimulation, and joyful ageing.







SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY

Community Outreach and Mobility Support
Special outreach drives were undertaken to support vulnerable elders living on the streets and in underserved urban communities. Bedsheets, walkers, pain relief balms, and mobility aids were distributed to elders facing physical limitations and difficult living conditions. One significant intervention included providing a hand-pedalling tricycle to a differently abled beneficiary, enabling improved mobility, livelihood participation, and restored independence.

Nutrition and Preventive Health Promotion
Throughout the year, the programme conducted several nutrition-focused interventions and preventive health activities including Watermelon Day, Carrot Day, Egg Day, Nutrition Day, Orange Day, and Kidney Awareness Day initiatives. Through interactive learning methods, creative engagement activities, and practical demonstrations, beneficiaries gained awareness about healthy food practices, hydration, immunity, and disease prevention, contributing to improved health literacy and well-being.

Recreational Learning and Cognitive Stimulation Activities
Innovative therapeutic activities such as Space Day, Mathematics Day, Television Day, Memory Lane Day, Shapes Day, Brain Day, Therapeutic Recreational Day along with indoor games' sessions promoted concentration, creativity, cognitive stimulation, teamwork, and social interaction among the residents. These activities created meaningful opportunities for engagement while supporting emotional wellness and active ageing.







Success Story

PMDK Scheme Procurement

During this period, a significant milestone was achieved through the successful linkage of eligible elderly beneficiaries to the Government of India's Pradhan Mantri Divyasha Kendra Scheme, aimed at supporting persons with age-related disabilities through assistive devices. Under this initiative, elders received essential mobility and support aids including hearing aids, walking sticks, walkers, hip belts, and knee belts, greatly improving their day-to-day functioning and quality of life. The process of facilitating this support, however, was extremely challenging.

Many of the elderly beneficiaries were physically frail, bedridden, or unable to travel long distances to the verification centre. Coordinating transportation and repeated visits to the concerned office became a major hurdle. Despite these difficulties, continuous follow-ups were undertaken with the authorities and management officials to advocate for the needs of the elders. Understanding the genuine challenges faced by the organisation and the vulnerable condition of the beneficiaries, the authorities extended exceptional support by granting special permission for video call verification, an accommodation rarely provided under the scheme procedures.

This compassionate intervention became a turning point in ensuring that deserving elders were not excluded due to mobility limitations. As a result of these persistent efforts and collaborative support, a total of 48 elderly beneficiaries successfully received assistive devices through the scheme. The impact of this intervention was deeply emotional and transformative. Several elders who had been struggling with hearing loss for years due to age-related conditions were able to hear clearly again with the support of hearing aids.

This not only improved communication and social interaction, but also restored confidence, dignity, and emotional well-being among the beneficiaries. The initiative created a renewed sense of hope among the elders, reinforcing the belief that they are valued members of society deserving of care, inclusion, and support. Beyond the physical benefits, the intervention strengthened their emotional resilience and encouraged a more positive outlook towards life and ageing.

Restoring Mobility and Livelihood Support

Mr Balu, aged 50, a differently-abled individual residing on Davidson Street, was supported with a hand-pedalling tricycle to enhance his mobility and independence. Prior to this intervention, his physical limitations made daily movement and livelihood activities extremely difficult, affecting both his confidence and economic participation. With the provision of the tricycle, Balu experienced a significant improvement in mobility, enabling him to travel independently and engage more actively in day-to-day activities.

Most importantly, the support empowered him to assist his sister in managing their small fruit stall near the High Court area, which serves as the family's primary source of income. This intervention not only strengthened the family's daily sustenance but also restored a sense of dignity, self-reliance, and social participation for Balu. The assistive device became more than a mobility aid, it became a pathway towards improved livelihood, inclusion, and hope for a more secure future. Balu is now able to engage in a set routine and contribute to the family's earnings.

SUPPORT FOR THE HOMELESS SHELTER FOR THE ELDERLY

Success Story

From Illiteracy to Confidence

A total of 26 members from the homeless community participated in a special literacy training initiative aimed at empowering elders through basic reading and writing skills. Many of the participants had never received formal education due to poverty, displacement, and difficult life circumstances. For several members, this became the first opportunity in their lives to learn how to identify and write their own names. The training sessions were conducted daily over a period of one month by the organisation staff, who patiently guided each participant with dedication and care.

Members were taught letter by letter, helping them gradually recognise, pronounce, and independently write the words of their names. The consistent support and encouragement provided by the staff played a crucial role in building the confidence of the elders throughout the learning process. As the sessions progressed, a remarkable transformation was witnessed among the participants. Elders who were initially hesitant and doubtful about their abilities slowly developed enthusiasm, confidence, and a sense of achievement as they learned to write their names independently.

To celebrate this meaningful accomplishment, a special Graduation Day ceremony was organised as the culmination of the literacy initiative. During the event, the members were honoured with certificates presented by the resource person in a graduation-style celebration, making the elders feel recognised, respected, and valued. The ceremony became an emotional and memorable moment for the participants, many of whom proudly held a certificate for the first time in their lives. The initiative proved to be highly impactful within the community, creating motivation, confidence, and a renewed sense of self-worth among the elders.









PROGRAMMES

Dementia Day Care Centres

The Dignity Model of Care

Every person experiences dementia differently. Recognising this, Dignity Foundation follows a **person-centred model of care,** placing the individual—not the diagnosis—at the heart of every intervention. Our journey begins with a comprehensive assessment of each member's cognitive, physical, emotional and social needs. Based on this understanding, personalised care plans are developed to build on individual strengths, interests and abilities. Through a combination of cognitive stimulation, physiotherapy, music, creative arts, reminiscence therapy, recreational activities and meaningful social engagement, we help members remain active, confident and connected.

Equally important is our partnership with families, who receive regular guidance, counselling and emotional support to strengthen care beyond the centre. Our centres also foster community inclusion through volunteer engagement, healthcare partnerships and awareness initiatives, creating supportive environments where people living with dementia continue to feel valued and respected. This integrated approach has resulted in greater participation, improved emotional well-being, enhanced independence and stronger caregiver confidence. At Dignity Foundation, success is measured not only by clinical outcomes, but by the moments that restore hope—a familiar song, a shared smile, renewed confidence or the reassurance of a caregiver seeing their loved one engaged and happy.

Programme at a Glance

Dementia Day Care Centres	4
Cities	4
Members Supported	58
Care Approach	Person-centred, multidisciplinary care
Core Therapies	Cognitive stimulation, physiotherapy, music and movement, creative arts, reminiscence therapy, horticulture, recreational activities
Family Support	Caregiver counselling, guidance and emotional support
Community Engagement	Volunteer participation, healthcare partnerships, awareness programmes

Our Centres

Chennai | Mumbai | Kolkata | Pune



THE DIGNITY DEMENTIA CARE JOURNEY

Person-Centred Care. Every Step. Every Day

Understanding The Individual

Comprehensive assessment of cognitive, physical, emotional and social needs.

Personalised Care Planning

Individual goals and therapeutic interventions tailored to each member

Holistic Therapeutic Engagement

- Cognitive stimulation
- Physiotherapy
- Music and movement
- Creative arts
- Reminiscence activities
- Horticulture and recreational therapies

Living with Dignity

A life enriched by meaningful engagement, preserved abilities, emotional well-being and compassionate support.

Community Inclusion

- Volunteer engagement
- Intergenerational activities
- Healthcare collaborations
- Dementia awareness initiatives

Family Partnership

- Caregiver counselling
- Regular communication
- Practical guidance and emotional support

Our Promise

We walk alongside each individual and their family with compassion, respect and commitment - every step of the way

Programme Impact

Across Chennai, Mumbai, Kolkata and Pune, our integrated model of care has contributed to:

- Greater participation in therapeutic activities.
- Improved emotional well-being and reduced behavioural distress.
- Enhanced mobility and functional independence.
- Increased social interaction and confidence.
- Meaningful engagement through creative and recreational therapies.
- Stronger caregiver confidence and emotional resilience.
- Improved quality of life for members and their families.

CHENNAI

Where Every Day Creates New Possibilities

At the heart of dementia care lies a simple belief—that every individual, regardless of memory loss, deserves to experience purpose, belonging and joy every single day. The Chennai Dementia Day Care Centre continued to exemplify Dignity Foundation's commitment to person-centred dementia care by creating an environment where therapeutic excellence and human connection went hand in hand. Throughout the year, the centre provided far more than structured daytime care – it nurtured a vibrant community where every interaction was thoughtfully designed to preserve abilities, encourage participation and celebrate the individuality of each member.





Recognising that no two people experience dementia in the same way, the team adopted an individualised approach to care. Personalised care plans combined cognitive stimulation, physiotherapy, music, movement, creative expression, reminiscence therapy, recreational activities and opportunities for social engagement. These interventions were not delivered as isolated sessions but woven seamlessly into daily routines, enabling members to remain active, emotionally engaged and socially connected.

The centre also strengthened its multidisciplinary approach by integrating specialist healthcare services into its programme. Regular interactions with neurologists, physiotherapists and mental health professionals enabled early identification of emerging needs while supporting families with practical guidance and reassurance. This collaborative model ensured that care extended beyond the member to encompass the well-being of caregivers and families. Every activity organised by the Chennai centre served a therapeutic purpose. A holistic approach was at the core of all the activities.

A Year of Meaningful Engagement

Familiar experiences, creative expression and community participation were intentionally used to stimulate memory, strengthen emotional well-being and encourage meaningful social interaction. Members engaged in a diverse range of structured activities including cognitive stimulation, music therapy, dance and movement, physiotherapy, art and craft, indoor games, storytelling, reminiscence sessions, horticulture therapy and recreational programmes. These activities encouraged members to retain functional abilities while promoting confidence, communication and emotional expression. Music and movement became particularly powerful therapeutic tools, often rekindling memories and encouraging spontaneous participation. Gardening activities nurtured patience and sensory engagement, while creative arts offered members opportunities to express emotions beyond words.

Celebrating Traditions, Preserving Memories

Festivals and cultural celebrations formed an integral part of the therapeutic calendar. Pongal, Holi, Tamil New Year, Independence Day, Navratri, Christmas and other celebrations were thoughtfully adapted into reminiscence-based activities that encouraged storytelling, music, traditional games and shared experiences. Rather than simply observing special occasions, these celebrations helped members reconnect with familiar customs, evoke positive memories and strengthen emotional connections with fellow participants and caregivers.

Learning Together Through Community Partnerships

The Chennai centre continued to foster meaningful collaborations with healthcare professionals, educational institutions, service organisations and volunteers throughout the year. Neurologists and healthcare experts contributed valuable clinical insights, while volunteers and students brought energy, creativity and intergenerational interaction into the centre. Partnerships with







Rotary Clubs, Lions Clubs and other community organisations further enriched the programme through awareness initiatives, celebrations and recreational engagement. These collaborations not only enhanced the quality of therapeutic care but also promoted greater community understanding of dementia and the importance of creating dementia-inclusive societies.

Families at the Centre of Care

Dementia affects entire families, not just the individual diagnosed with the condition. Recognising this, the Chennai team maintained regular communication with caregivers, providing counselling, practical guidance and emotional support throughout the year.

Families became active partners in the care journey, sharing observations, celebrating progress and working alongside the team to reinforce therapeutic strategies at home. This collaborative approach strengthened continuity of care while giving caregivers greater confidence in managing the challenges of dementia.





Centre Highlights

- Individualised person-centred care plans for every member.
- Daily multidisciplinary therapeutic interventions combining cognitive, physical and creative therapies.
- Integration of physiotherapy, music, movement and horticulture into routine care.
- Therapeutic celebration of cultural festivals to stimulate memory and emotional well-being.
- Strong collaborations with neurologists, healthcare professionals, Rotary Clubs, Lions Clubs, educational institutions and volunteers.
- Active caregiver engagement through counselling, guidance and family participation.
- Community awareness initiatives promoting understanding and acceptance of dementia.

Story of Transformation

Rediscovering Joy: Mrs Kasthuri's Journey

When Mrs Kasthuri joined the Dementia Day Care Centre, her family was deeply concerned about the changes dementia had brought into her life. Memory impairment, emotional distress and frequent episodes of anger had begun to affect her confidence and daily interactions. Activities that once brought her happiness no longer held her interest, and meaningful social engagement had become increasingly difficult. The care team took time to understand not only her clinical condition but also her personal interests, life experiences and remaining strengths. Recognising her love for music and dance, they incorporated these familiar activities into her personalised care plan.

This was alongside cognitive stimulation, group interaction and recreational therapy. Over time, familiar melodies, structured routines and compassionate encouragement began to rekindle her enthusiasm. Mrs Kasthuri gradually became more engaged in group activities, interacted warmly with fellow members and participated with increasing confidence in daily programmes. Episodes of distress reduced noticeably, and her family observed positive changes in her emotional well-being and quality of life. Her journey is a powerful reminder that while dementia may affect memory, it does not diminish the human need for joy, connection and purpose. With patience, personalised care and a nurturing environment, meaningful improvements remain possible even in the face of progressive cognitive decline.

MUMBAI

Restoring Confidence Through Compassion

The Mumbai Dementia Day Care Centre continued to provide a nurturing environment where structured therapeutic care helped members navigate the emotional and behavioural challenges associated with dementia. Guided by Dignity Foundation's person-centred philosophy, the team focused on creating predictable daily routines that fostered confidence, reduced anxiety and encouraged active participation. Through personalised care plans, members engaged in cognitive stimulation, music, recreational activities, physiotherapy and group interactions designed to strengthen emotional well-being and preserve functional abilities. Particular emphasis was placed on supporting members experiencing behavioural changes.

This helped them gradually regain confidence through patient encouragement, familiar routines and meaningful engagement. The centre also recognised the invaluable role of caregivers, maintaining close communication with families and providing reassurance, practical guidance and emotional support throughout the caregiving journey. Together, these efforts created an environment where members felt secure, respected and motivated to participate while families experienced renewed confidence in their loved ones' care.

Centre Highlights

- Structured person-centred therapeutic care.
- Behavioural support through predictable daily routines.
- Cognitive, recreational and physiotherapy-based interventions.
- Strong focus on emotional well-being and social participation.
- Active caregiver partnership and family support.

Story of Transformation

Finding Confidence Again

One member arrived at the centre withdrawn, anxious and reluctant to participate in group activities. Through patient encouragement, personalised therapeutic interventions and consistent daily routines, the member gradually developed trust in the care team and began participating in music, recreational sessions and social activities. Over time, behavioural challenges reduced, confidence improved and meaningful relationships developed with fellow members and staff. Family members shared that the positive changes observed at the centre extended into the home environment, bringing renewed hope and reassurance during a difficult stage of their caregiving journey.





KOLKATA

Where Creativity Becomes Therapy

Sometimes the most meaningful conversations begin with a familiar song, a paintbrush or a shared smile. The Kolkata Dementia Day Care Centre continued to demonstrate how creativity, compassion and personalised care can enrich the lives of people living with dementia. Guided by Dignity Foundation's person-centred philosophy, the centre created a welcoming environment where members were encouraged to remain socially connected, emotionally engaged and physically active through thoughtfully designed therapeutic interventions. Recognising that every individual possesses unique strengths and interests, the team integrated music, art, sensory stimulation, physiotherapy and recreational activities into daily care.



These interventions not only supported cognitive and physical functioning but also encouraged communication, self-expression and confidence. Familiar songs, creative activities and group participation often became powerful tools for evoking memories and strengthening emotional well-being. Throughout the year, the centre nurtured meaningful relationships between members, caregivers and staff, fostering an atmosphere of trust, acceptance and belonging. Community awareness initiatives and family engagement further strengthened this holistic model of care, ensuring that support extended beyond the centre into the home and the wider community.

A Year of Meaningful Engagement

The Kolkata centre transformed everyday therapeutic activities into opportunities for connection and personal growth. Members participated in music therapy, creative arts, physiotherapy, cognitive stimulation, indoor games and sensory-based activities that encouraged participation while preserving existing abilities. Regular celebrations, interactive sessions and group activities created joyful experiences that promoted friendship and emotional resilience. Families remained active partners in the care journey through ongoing communication and encouragement, while awareness programmes helped foster greater understanding of dementia within the community.







Centre Highlights

- Creative and sensory-based therapeutic programmes.
- Music, art and recreational therapies integrated into daily care.
- Physiotherapy supporting mobility and functional independence.
- Strong emphasis on emotional well-being and social participation.
- Family engagement and community awareness initiatives.



Story of Transformation

Every Step Forward Matters: Mrs Sunita Nayyar

Following a stroke and the onset of dementia, Mrs Sunita Nayyar experienced significant challenges with mobility, communication and everyday activities. Simple tasks became increasingly difficult, affecting both her confidence and independence. Through regular participation in physiotherapy, music, cognitive activities and personalised therapeutic sessions, she gradually began regaining confidence in her abilities. One of her most memorable milestones came when she was able to walk using a walker and participate more actively in the centre's daily routine. Her daughter expressed heartfelt gratitude for the encouragement, patience and compassionate care that helped restore not only her mother's confidence but also renewed hope for the entire family.

PUNE

Standing Beside Every Family

Dementia care is not only about supporting the individual—it is about walking alongside families through every stage of the journey. The Pune Dementia Day Care Centre continued to provide personalised, compassionate care for older adults living with dementia while offering much-needed support to their families. Throughout the year, the centre created a structured yet nurturing environment where members participated in therapeutic activities designed to preserve abilities, encourage independence and promote emotional well-being.

Daily programmes combined cognitive stimulation, music, physiotherapy, recreational activities and group interaction, allowing members to remain engaged while reducing anxiety and behavioural challenges. Each intervention was carefully adapted to individual abilities, ensuring that every member experienced a sense of achievement, participation and belonging. Beyond therapeutic care, the centre placed strong emphasis on caregiver partnership. Regular communication, guidance and emotional support helped families better understand dementia and strengthened their confidence in caring for their loved ones at home. This collaborative approach ensured continuity of care while reinforcing the important role families play in the rehabilitation journey.





A Year of Meaningful Engagement

Throughout the year, the Pune centre focused on creating meaningful daily experiences that balanced therapeutic interventions with opportunities for friendship, creativity and enjoyment. Structured routines, music sessions, physical activities and recreational programmes encouraged members to remain socially connected while building confidence in everyday life. The centre also continued to strengthen its relationship with families by encouraging regular interaction, sharing progress and providing practical guidance, ensuring that members benefited from consistent support both within the centre and at home.

Centre Highlights

- Individualised person-centred care plans.
- Cognitive stimulation and recreational therapies.
- Physiotherapy supporting mobility and independence.
- Behavioural and emotional support through structured routines.
- Strong caregiver partnership and family engagement.

Story of Transformation

A Place That Felt Like Home: Mr Kanhaiya Lal Katariya

When Mr Kanhaiya Lal Katariya first joined the Pune Dementia Day Care Centre, he was reluctant to participate in activities and frequently displayed signs of agitation and withdrawal. The care team patiently introduced him to structured routines, music, recreational activities and gentle social interaction, allowing him to engage at his own pace. As trust developed, his confidence gradually increased.

He began participating enthusiastically in group activities, interacting warmly with fellow members and looking forward to his time at the centre. One of the most touching moments came when he affectionately referred to the centre as his “school” and eagerly expressed his wish to attend every day, including weekends. His story beautifully illustrates how a nurturing environment, personalised care and compassionate relationships can transform a place of therapy into a place of comfort, belonging and happiness.













Across Our Centres...One Shared Commitment

Although each Dementia Day Care Centre reflects the unique needs of its local community, they are united by a common philosophy: every person living with dementia deserves to be treated with dignity, respect and compassion. Across Chennai, Mumbai, Kolkata and Pune, our dedicated teams work tirelessly to create environments where members continue to experience joy, purpose and meaningful human connection. Whether through music, movement, creative expression, physiotherapy or simply sharing a conversation, every interaction is guided by the belief that quality dementia care is measured not only by therapeutic outcomes but by the dignity it preserves and the hope it inspires.

Every Memory Matters

Transforming Lives Through Compassion, Connection and Care

Every journey with dementia is unique. While the condition gradually affects memory, communication and independence, it does not diminish a person's need for dignity, love, purpose or belonging. At Dignity Foundation, these values remain at the heart of every interaction across our dementia day care centres. Throughout the year, our dedicated teams in Chennai, Mumbai, Kolkata and Pune worked tirelessly to create environments where members felt safe, respected and valued. Every therapeutic session, every conversation, every shared meal and every moment of encouragement was designed to help members continue participating in life with confidence and joy.

The progress witnessed at our centres is often measured not in dramatic milestones, but in deeply meaningful moments—a member joining a group activity after weeks of hesitation, recognising a familiar song, sharing a smile with a fellow participant, taking a few independent steps or expressing excitement about returning to the centre the next day. For families, these moments bring renewed hope, reassurance and the confidence that their loved ones continue to experience purpose and connection despite the challenges of dementia. Our work also extends beyond those who attend our centres. By supporting caregivers with guidance, counselling and practical advice, we help families navigate one of life's most demanding journeys with greater confidence and resilience.







DEMENTIA DAY CARE CENTRES





Programme Impact

Meaningful Outcomes Across Our Centres

During the year, Dignity Foundation's dementia day care centres continued to demonstrate that person-centred care can significantly enhance the quality of life of persons living with dementia while strengthening support for their families.

Members experienced:

- Greater participation in daily activities
- Improved emotional well-being
- Better social interaction and communication
- Increased confidence and self-expression
- Enhanced mobility and functional independence
- Meaningful engagement through music, art and recreational therapies.

Families experienced

- Greater confidence in managing dementia
- Reduced caregiver stress through structured support
- Improved understanding of behavioural changes
- Strong partnerships with professional care teams
- Reassurance that their loved ones were cared for with dignity and compassion.

Communities experienced

- Increased awareness about dementia
- Greater volunteer participation
- Stronger healthcare collaborations
- Improved community understanding of person-centred dementia care.

Looking Ahead

As India's older population continues to grow, dementia care will become one of the country's most pressing public health and social care priorities. Dignity Foundation remains committed to strengthening and expanding its dementia day care programme by enhancing the quality of therapeutic services, deepening caregiver support, fostering greater community awareness and reaching more families in need of compassionate, person-centred care. Through innovation, partnerships and continuous learning, we will continue creating spaces where older adults living with dementia can experience safety, friendship, dignity and purpose—every single day.

PROGRAMMES

Loneliness Mitigation Centres

Creating Communities Where Every Senior Citizen Belongs

Loneliness is one of the most pressing yet often invisible challenges affecting older persons today. Dignity Foundation's Loneliness Mitigation Centres (LMCs) provide safe and vibrant community spaces where older persons reconnect with society, participate in meaningful activities, access healthcare services, and rediscover purpose and companionship. During the year, DF strengthened its programme across Mumbai and Pune through structured wellness activities, preventive healthcare, counselling, community engagement, and welfare support.

Mumbai: Ananda Yaan Centres

Three Mumbai Loneliness Mitigation Centres, sponsored by the Rotary Club of Mumbai, operate as Ananda Yaan Centres at Byculla, E Moses Road and Mazgaon. Together they served 240 senior citizens through yoga, meditation, exercise, Zumba, music, art therapy, cognitive activities, health consultations, counselling, physiotherapy guidance, festive celebrations, and community events. During the year, 35 seniors underwent eye surgeries, every participant received a nutritious daily health drink, and 34 economically vulnerable members received regular ration support.

Mumbai: Meghwadi Centre

The Meghwadi Loneliness Mitigation Centre combined wellness, emotional support, preventive healthcare, and creative engagement. Members participated in yoga, meditation, Zumba, physiotherapy, counselling, memory enhancement sessions, health camps, diabetes and cancer screening, TB awareness, cyber safety awareness, and vibrant cultural celebrations including Diwali, Holi, Gudi Padwa, Women's Day, Senior Citizens' Day, dance programmes, fashion competitions, and birthday celebrations.

Pune Chapter

The Pune Chapter continued its work through centres at Antulay Nagar Leprosy Rehabilitation Colony, Bhimnagar and Siddharth Nagar. Regular wellness and recreational activities reduced isolation and promoted active ageing. Welfare initiatives included distribution of 200 ration kits in Antulay Nagar, 40 ration kits in Bhimnagar, medical kits, blankets and pressure cookers to 50 beneficiaries, and two wheelchairs for persons with disabilities. By year end, the Pune centres supported 134 senior citizens.

Looking Ahead

The Loneliness Mitigation Centres continue to evolve into vibrant community hubs where older persons find companionship, healthcare, emotional support, and renewed purpose. With continued support from donors, volunteers, and partners, Dignity Foundation remains committed to expanding this model so that every senior citizen can age with dignity, inclusion, and hope.





PROGRAMMES

Dignity Helpline

A Lifeline in Times of Distress

For many senior citizens, distress does not arrive all at once. It builds gradually—through emotional neglect, unresolved family conflict, financial pressure, loneliness, threats to safety, or uncertainty around housing and property. By the time many older persons seek help, they are often carrying not only the burden of a difficult situation, but also the weight of silence, fear, and prolonged emotional strain.

Dignity Foundation's Helpline responds at this point of vulnerability. More than a support service, it is a lifeline for older persons facing abuse, neglect, insecurity, and crisis. Operating across Dignity Foundation's chapter network, the Helpline offers senior citizens a safe and accessible platform to seek help, share concerns, receive emotional support, understand their rights, and access timely guidance and intervention.

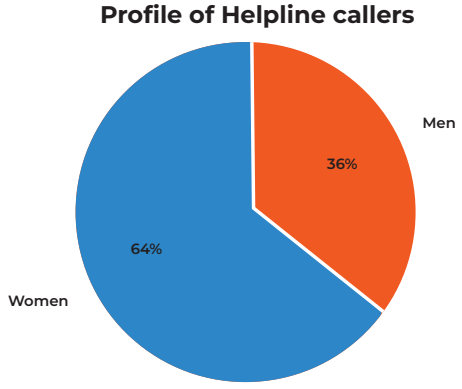
During FY 2025–26, the Helpline continued to support older persons confronting a wide range of challenges—from emotional neglect and caregiving tensions within the family to financial exploitation, property-related disputes, threats to safety, and social isolation. The year reaffirmed the importance of timely listening, practical guidance, and sustained follow-up in helping senior citizens regain confidence, stability, and peace of mind.

Programme Reach

- **4,820** total calls handled
- **93** average calls per week
- **9** operational chapters
- **35%** repeat callers requiring continued support.



Who Reached Out

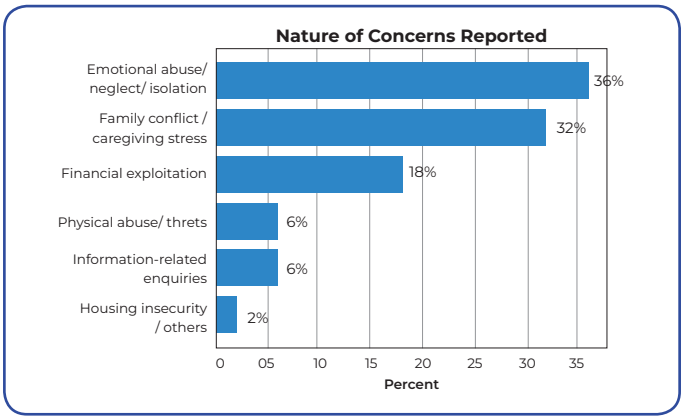


64% women | 36% men



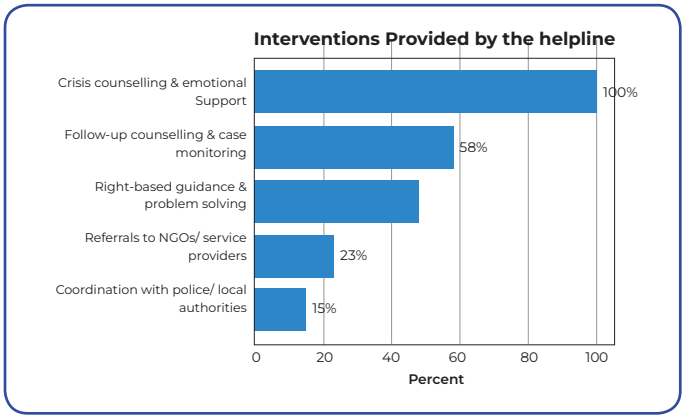


Nature of Concerns



- 36% emotional abuse, neglect and isolation
- 32% family conflict and caregiving stress
- 18% financial exploitation
- 6% physical abuse | threats
- 6% information-related enquiries
- 2% housing insecurity and other concerns

Interventions Provided



- 100% crisis counselling and emotional support
- 48% rights-based guidance and problem-solving counselling
- 58% follow-up counselling and case monitoring
- 23% referrals to NGOs | service providers
- 15% coordination with police | local authorities.

Outcome

69% of cases stabilised or showed improvement through counselling and follow-up.

Understanding the Distress Behind the Calls

The concerns reported to the Helpline during FY 2025–26 reveal the deeply personal and layered challenges that shape later life for many senior citizens. Emotional abuse, neglect, and family conflict together accounted for more than two-thirds of all calls, highlighting how often elder distress is rooted not in a single dramatic event, but in repeated emotional hurt, exclusion, dependence, and unresolved tensions within the home.

Financial exploitation remained a significant concern, with seniors reaching out over pressure to part with savings, misuse of trust, or anxiety around financial control. A smaller but important proportion of calls related to physical threats, housing insecurity, and the need for information on rights, entitlements, and available support systems. For many callers, the Helpline became the first place where they felt heard without judgement and supported in exploring a way forward.

How the Helpline Responded

Every call to the Helpline was met with immediate listening, reassurance, and an effort to understand the concern within its wider family, social, and financial context. While some seniors needed one-time guidance, many required deeper engagement through counselling, repeated follow-up, or practical intervention. The Helpline's response during the year included emotional support, rights-based counselling, family mediation, referrals, and coordination with external systems where necessary.

Cases involving property disputes, financial coercion, abandonment, or threats to safety often required support beyond counselling, including linkages with police, social workers, legal aid, and community-based services. The high proportion of repeat callers and follow-up cases reflects an important reality: elder distress is rarely resolved in a single conversation. Meaningful support often requires time, trust-building, and continued accompaniment.

Moving from Distress to Stability

During FY 2025–26, 69% of the cases were stabilised or showed improvement through counselling and follow-up. Improvement did not always mean that every issue was fully resolved. In many cases, it meant that a senior citizen felt safer, better informed, emotionally supported, and more able to take decisions or seek further help. In others, it meant reduced family conflict, recovery of financial control, resolution of a property-related issue, or simply the reassurance of knowing that someone was standing beside them through a difficult period. For many seniors—especially those living alone or facing neglect within the family–the Helpline offered something fundamental: the confidence that they did not have to face distress in isolation.

Stories of Support and Resolution

Restoring Safety and Peace for Mr X

Mr X, an 83-year-old senior citizen and member of Dignity Foundation, approached the Helpline after becoming caught in a distressing property dispute. Having shifted to a flat in another part of the city, he had rented out his house with a clear understanding that the tenant would not sublet the premises. However, the tenant violated this agreement, unlawfully sublet the property, and stopped paying rent for several months.

When Mr. X asked the tenant to vacate the property, the matter was repeatedly delayed, leaving him anxious, financially strained, and overwhelmed. Dignity Foundation's Helpline stepped in with timely guidance and continued support, coordinating with local police authorities and helping him navigate the process. With sustained intervention, the property was eventually vacated and restored to him, bringing much-needed relief, security, and peace of mind.

Rebuilding Family Support for Mrs Y

Mrs. Y, a 74-year-old widow, reached out to Dignity Foundation's Helpline after months of feeling isolated and unwelcome in her son's home, where she had moved following a period of ill-health. Although her basic needs were being met, she often felt ignored, spoken to harshly, and excluded from family decisions. Over time, the emotional neglect began to affect her mental well-being, leaving her anxious, lonely, and withdrawn.

The Helpline counsellor first created a safe space for Mrs Y to speak openly about her distress and gradually helped her articulate her emotional needs and concerns with greater confidence. With her consent, the

Helpline also engaged with the family to sensitise them to the impact of neglect and the importance of respectful caregiving.

Through repeated counselling and follow-up, communication within the household began to improve. Mrs Y later reported that her son had become more attentive to her needs and that the overall atmosphere at home had grown more respectful and supportive. While some tensions remained, the intervention helped reduce her immediate distress and restore a sense of emotional security and belonging.

Protecting Financial Security for Ms Z

Ms Z, a 68-year-old retired schoolteacher living alone, contacted Dignity Foundation's Helpline after facing repeated financial pressure from a close relative who had begun demanding access to her savings. What initially appeared to be occasional requests for temporary support gradually turned into persistent coercion, emotional manipulation, and attempts to influence her financial decisions. Living on a limited pension, Ms Z feared losing both her financial security and her peace of mind.

The Helpline team responded by first helping her recognise that financial coercion within families is a serious form of elder abuse. Through rights-based counselling and practical guidance, the team supported her in understanding how to safeguard her finances, document financial transactions, and identify a trusted support person who could help her review her options.

Regular follow-up calls provided reassurance as Ms Z took steps to protect her savings and set clearer boundaries. Over time, she regained confidence in managing her finances independently and reported feeling less fearful and more in control of her decisions. The intervention not only helped protect her financial security, but also strengthened her sense of dignity and emotional stability.

Why the Helpline Matters

The Dignity Helpline addresses realities that often remain hidden—emotional hurt within the home, coercion that goes unnamed, loneliness that deepens into distress, and fear that prevents older persons from seeking help. Its value lies not only in crisis response, but in offering a trusted voice, a patient listener, and a dependable support system during moments of vulnerability. Whether the concern is neglect, family conflict, financial exploitation, property insecurity, or simply the need to speak to someone who will understand, the Helpline helps senior citizens reclaim a sense of agency, dignity, and peace of mind.

Looking Ahead

As the volume and complexity of calls continue to grow, Dignity Foundation will further strengthen the Helpline programme by building counsellor capacity, improving documentation and follow-up systems, and deepening referral linkages with police departments, hospitals, legal aid services, mental health professionals, and community organisations. Dignity Foundation will also continue to expand awareness so that more senior citizens—and their families—know where to turn before situations escalate into abuse, abandonment, or crisis. In a context where older persons are too often expected to endure distress in silence, the Helpline remains a vital expression of Dignity Foundation's commitment to ensuring that every senior citizen can live with safety, respect, and peace of mind.

PROGRAMMES

Anand Daan

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

Scale and Reach

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

During the year, the programme reached beneficiaries across multiple underserved communities:

1. **Mumbai:** Vile Parle, Santacruz, Bandra, Mahim, Worli, Kala Chowki, Jogeshwari, Mazgaon, JJ Hospital Area, Bhendi Bazaar, Churchgate, Marine Lines, Ghatkopar, Sion, and Matunga.
2. **Kolkata:** Purbalok (CMIG), Behala, and Salt Lake.
3. **Pune:** Antulay Nagar, Bhimnagar, and Siddharth Nagar.

The programme continued to operate with a strong emphasis on regularity and reliability, ensuring that seniors dependent on monthly assistance received timely and predictable support.







Case Studies

Restoring Food Security, Health, and Dignity to Vulnerable Elders

The following case studies highlight the lived experiences of older adults supported through Dignity Foundation's **Anand Daan (Monthly Ration Distribution) Programme.** By ensuring access to essential food supplies and complementary support services, the programme addresses food insecurity, reduces financial hardship, and enables vulnerable older persons to live with greater dignity, independence, and well-being.

Case Study 1

Restoring Food Security for a Grandmother-Led Family

Beneficiary Profile

Name	: Chandrabhaga Dabolkar
Age	: 80
Location	: Jogeshwari

Background

Chandrabhaga Dabolkar is the sole caregiver for her two young grandchildren and lives in a low-income settlement in Jogeshwari slum. With no earning family member or regular source of income, she struggled to provide adequate food for her family. The uncertainty of meeting daily nutritional needs placed the household under constant financial and emotional strain, while increasing the risk of food insecurity for both her and her grandchildren.

Intervention

Through Dignity Foundation's Anand Daan (Monthly Ration Distribution) Programme, Chandrabhaga receives a monthly dry ration kit containing essential staples such as rice, wheat flour, pulses, cooking oil, and other groceries. Considering her caregiving responsibilities and limited mobility, the ration is delivered directly to her home, ensuring uninterrupted access to nutritious food.

Impact

Regular ration support has significantly strengthened the family's food security by ensuring consistent access to essential groceries throughout the month. The programme has reduced financial stress, enabled Chandrabhaga to focus on caring for her grandchildren, and provided reassurance that their basic nutritional needs are met.

Case Study 2

Supporting Recovery Through Nutrition and Community Care

Beneficiary Profile

Name	: Raghunath Bane
Age	: 75
Location	: Jogeshwari

Background

Following a prolonged illness, Raghunath Bane lost his ability to undertake physical work and earn a livelihood. With declining health and limited financial resources, accessing adequate nutrition became increasingly difficult. Living in vulnerable circumstances, he faced the combined challenges of food insecurity, poor health, and social isolation.

Intervention

For over six years, Dignity Foundation has

supported Mr Bane through the Anand Daan Programme by providing monthly dry ration kits containing essential food items. Beyond nutritional assistance, he also participates in the Dignity Foundation's day care services, including freshly prepared meals, yoga sessions, and recreational activities that promote physical, mental, and social well-being.

Impact

The combined support has improved Mr Bane's food security while reducing the financial burden of purchasing essential groceries. Regular participation in community-based activities has enhanced his physical well-being, encouraged social interaction, and helped him lead a healthier and more dignified life.

Case Study 3

Enabling Independent Living Through Nutritional Support

Beneficiary Profile

Name : Hindhumathi Randideve
Age : 62
Location : Jogeshwari

Background

Hindhumathi Randideve lives alone in an urban slum of Jogeshwari community without a regular source of income or family support. Managing household expenses while purchasing essential groceries became increasingly difficult, often affecting her ability to prepare nutritious meals. Living alone also heightened her vulnerability to financial hardship and social isolation.

Intervention

Through the Anand Daan Programme, Hindhumathi receives a monthly ration kit containing rice, wheat flour, pulses, edible oil, poha, rava, chickpeas, sugar, tea powder, and essential spices. Home delivery of these supplies ensures uninterrupted access to groceries despite her limited financial and physical resources.

Impact

The monthly ration support has reduced her food-related expenses and ensured consistent access to nutritious ingredients. It has enabled her to prepare meals independently, maintain her daily routine with confidence, and continue living independently with dignity.

Case Study 4

Supporting an Elderly Sibling Household

Beneficiary Profile

Name : Nirmala Kishan Mirakar
Age : 60 years
Location : Kishan Patel Chawl

Background

Nirmala Kishan Mirakar lives with her elderly sister and brother in a small chawl in Mumbai. None of the three siblings has a regular source of income, leaving the household financially vulnerable. Mrs Mirakar also experiences chronic back pain and restricted mobility, limiting her ability to undertake daily activities or earn a livelihood. As a result, the family struggled to secure adequate food while simultaneously managing their health needs.

Intervention

The household was enrolled in Dignity Foundation's Anand Daan Programme, through which they receive monthly dry ration kits containing essential groceries. The regular provision of food supplies helps meet the family's nutritional requirements while

reducing the financial burden of purchasing household essentials.

Impact
The programme has strengthened the family's food security by ensuring uninterrupted access to essential groceries. It has eased financial stress, supported their nutritional well-being, and enabled the three siblings to live with greater stability, security, and dignity.

Case Study 5

Empowering a Differently-Abled Older Adult Through Integrated Support

Beneficiary Profile

Name	: Madan Dattaram Shete
Age	: 61
Location	: Chunabhatti, Mumbai

Background
Madan Dattaram Shete, a resident of Chunabhatti, Mumbai, has been living with the effects of polio for many years. His condition has resulted in significant mobility limitations, making walking and carrying out routine activities physically demanding. With limited financial resources and restricted earning opportunities, meeting his monthly household and nutritional needs became increasingly challenging. Accessing healthcare services was equally difficult, as travelling for treatment placed additional physical and financial strain on him.

Intervention
Recognising his multiple vulnerabilities, Dignity Foundation extended comprehensive support through the Anand Daan Programme and its mobile wellness services. Mr Shete receives a monthly dry ration kit containing essential food items, ensuring regular access to nutritious groceries and reducing the financial burden on his household. In addition, he benefits from Dignity Foundation's mobile wellness and therapy services, which bring physiotherapy, guided exercise sessions, and basic healthcare directly to his community. By delivering these services closer to his residence, the programme removes a major barrier to accessing rehabilitation and preventive care for older persons and persons with disabilities.

Impact
The integrated intervention has significantly improved Mr Shete's quality of life. Regular ration support has strengthened his food security and eased monthly household expenses, while community-based therapy services have enhanced access to rehabilitation without requiring difficult travel. Together, these interventions have supported his physical well-being, promoted greater independence, and reinforced his dignity as an older adult living with a disability.



Beneficiary Reflection
"I am extremely grateful to Dignity Foundation for extending a helping hand through its social commitment by providing both ration support and therapy services for elders and persons with disabilities." - **Madan Dattaram Shete**

PROGRAMMES

Chai Masti Centres

Building Communities. Enriching Lives.

The Story in Numbers

Our Reach

Indicator	Achievement
Senior Members Engaged	1,500+
Chai Masti Centres	32
Cities Reached	09
States and Union Territories	07

Our Engagement

Activity	FY 2025–26
Programmes Conducted	2,450
Wellness and Fitness Sessions	620
Health Awareness Programmes	96
Digital Literacy and Cyber Safety Sessions	42
Cultural and Festival Celebrations	168
Recreational Outings and Exposure Visits	31
Birthday and Community Celebrations	184
Volunteers and Resource Persons Engaged	135

Our Footprint

City	Centres
Mumbai	10
Chennai	3
Coimbatore	1
Palakkad	1
Bengaluru	6
Pune	3
Kolkata	4
Delhi	3
Hyderabad	1
Total	32

DID YOU KNOW?

- **Every Day Across India**
  Hundreds of senior citizens participate in a Chai Masti Centre activity—whether it is yoga, music, games, health awareness, creative arts or simply enjoying meaningful conversations over a cup of tea.

- **More Than a Centre**
  A Chai Masti Centre is a place where neighbours become friends, friendships become support systems, and ageing becomes an experience filled with confidence, purpose and joy.

- **Every Smile Has a Story**
  Behind every number is a senior citizen who has found companionship, rediscovered confidence and become part of a caring community.

Our Impact

- Reduced Loneliness
- Stronger Social Connections
- Better Cognitive Engagement
- Improved Physical Well-being
- Creative Expression
- Lifelong Learning
- Joyful and Dignified Ageing

ONE MISSION. ONE COMMUNITY. COUNTLESS SMILES

Across 28 Chai Masti Centres, Dignity Foundation continues to transform neighbourhoods into caring communities where every senior citizen is welcomed, valued and empowered to age with dignity, purpose and belonging.

BENGALURU

BENGALURU

Growing Stronger Together

A community is not defined by the number of people it serves, but by the strength of the relationships it nurtures. Throughout FY 2025–26, the Bengaluru Chapter continued to build a caring community where senior citizens found friendship, support, security and renewed purpose.

The Bengaluru Chapter continued to advance Dignity Foundation's mission of enabling senior citizens to lead healthier, happier and more connected lives. Through an integrated approach encompassing Chai Masti Centres, day care services, ration support, the Helpline programme and facilitation of government welfare schemes, the chapter addressed the social, emotional and physical needs of older adults. Every initiative reflected a commitment to ensuring that senior citizens live with dignity, independence and a strong sense of belonging.





Building Communities of Belonging

At the heart of the Bengaluru Chapter are its six Chai Masti Centres, which continued to serve as





vibrant community spaces where 211 senior citizens came together to socialise, learn and celebrate life. During the year, the chapter conducted 240 engagement sessions, maintaining an impressive average monthly attendance of 80–85%, reflecting the strong bonds that have developed among the members. Regular group discussions, recreational activities, health awareness sessions, cultural programmes and festival celebrations encouraged active participation while reducing loneliness and promoting emotional well-being. Supported by dedicated volunteers, the centres continued to foster an inclusive environment where friendships flourished and every member felt welcomed and valued.

Transforming Lives Through Connection

The impact of the Chai Masti Programme is best reflected in the personal journeys of its members. After retirement, Mr Vishwanath experienced increasing social isolation. Joining the Chai Masti Centre marked a turning point in his life. Through regular participation in discussions, games and celebrations, he gradually rebuilt his confidence, formed meaningful friendships and rediscovered a sense of purpose and enthusiasm. His experience highlights the transformative power of companionship and community engagement in promoting positive ageing.

Compassion Through Essential Support

For economically vulnerable senior citizens, access to nutritious food remains a fundamental need. The Bengaluru Chapter continued its Ration Distribution Programme, supporting 50 senior citizens with 150 ration kits during the year. The programme ensured food security while preserving dignity, providing timely assistance to elderly individuals facing financial hardship. Strong collaboration with donors, volunteers and community supporters enabled the chapter to reach those most in need with compassion and consistency. Among the beneficiaries was Mrs Shanthamma, who was living with Parkinson's disease and financial challenges. In addition to receiving regular ration support, her participation in centre-based engagement activities and guided exercises contributed to improved mobility, enhanced emotional well-being and renewed confidence.

A Lifeline of Care and Reassurance

The Helpline programme continued to provide timely guidance, emotional support and counselling to senior citizens facing health concerns, emotional distress and social challenges. By strengthening response mechanisms, conducting regular follow-ups and connecting callers with healthcare and community resources, the chapter ensured that vulnerable older adults received compassionate assistance when they needed it most. Every call represented an opportunity to provide reassurance, restore confidence and help seniors navigate difficult circumstances with dignity.

Supporting Families Through Day Care

The Bengaluru Chapter's Day Care Centre remained an important pillar of support for senior

citizens requiring structured care, supervision and meaningful engagement. Daily activities incorporating physical exercise, cognitive stimulation, recreational programmes and social interaction created a safe and supportive environment that promoted healthier routines and emotional well-being. The programme also offered reassurance to caregivers by ensuring that their loved ones received compassionate and professional support throughout the day. The experience of Mrs Gowramma Thimmayya, whose physical mobility, confidence and social interaction improved following regular participation after repeated falls and hospitalisation, demonstrates the positive impact of sustained care and personalised attention.

Connecting Seniors to Essential Welfare

Beyond direct programme delivery, the Bengaluru Chapter actively supported senior citizens in accessing government welfare schemes and assistive devices. The centres facilitated access to pensions, health insurance, walkers, wheelchairs, hearing aids and other essential support services while assisting beneficiaries with documentation and application procedures. Through these efforts, many older adults were able to access benefits that enhanced their independence, mobility and overall quality of life.

Celebrating Life Together

Festivals, health camps, awareness programmes, birthday celebrations and community events brought members together throughout the year in an atmosphere of warmth and togetherness. These shared experiences strengthened friendships, encouraged participation and created joyful moments that reinforced the Bengaluru Chapter's belief that meaningful ageing is built through connection, inclusion and shared celebration.

Looking Ahead

The Bengaluru Chapter continues to strengthen its role as a trusted companion for senior citizens by creating opportunities for connection, care and community participation. Every programme, every volunteer and every act of service contributes towards building a society where older persons are respected, supported and empowered to lead fulfilling lives. As the Bengaluru Chapter moves forward, it remains committed to expanding its outreach, strengthening community partnerships, and ensuring that every senior citizen experiences the dignity, independence and companionship they deserve.







CHENNAI

Where Tradition Meets Active Ageing

Every celebration became an opportunity to strengthen friendships. Every activity became a journey of learning. Every gathering became a reminder that ageing is not about slowing down—it is about continuing to live with purpose, dignity and joy.

The Chennai Chapter continued to demonstrate that active ageing is not measured by the number of programmes conducted, but by the quality of lives enriched. Throughout the year, the Chai Masti Centres in Chennai and its satellite centre at Palakkad became vibrant spaces where culture, creativity, wellness and companionship came together, enabling senior citizens to remain engaged with both their community and themselves. What emerged was not merely a calendar of activities, but a thriving community where members celebrated every stage of life together.





Celebrating Culture, Creating Connections

Culture remained the heartbeat of the Chennai Chapter throughout the year. Every festival became an opportunity to celebrate heritage while deepening friendships and strengthening community bonds. From the colourful festivities of Tamil New Year, Vishu, Onam, Navaratri, Vinayagar Chaturthi, Deepavali, Margazhi, Christmas and Pongal to national celebrations such as Republic Day, Independence Day, Women's Day and Parents' Day, members came together through music, dance, theatre, storytelling, devotional performances and traditional games. These occasions celebrated India's rich cultural diversity while providing senior citizens with meaningful opportunities to participate, perform and reconnect with traditions that continue to enrich their lives.

Learning Has No Age Limit

A defining feature of the Chennai Chapter has been its commitment to lifelong learning. Members actively participated in expert-led sessions covering senior citizens' legal rights, yoga and naturopathy, digital literacy, cyber safety, online misinformation, mobility solutions and healthy ageing. These programmes equipped older adults with practical knowledge, enabling them to make informed decisions, confidently navigate the digital world and embrace healthier lifestyles. The Chennai Chapter also strengthened community awareness by engaging educational institutions and the public through legal awareness programmes, digital inclusion initiatives and intergenerational interactions, reinforcing Dignity Foundation's commitment to empowering seniors beyond the Chai Masti Centres.

Creativity That Inspires Confidence

The Chennai Chapter firmly believes that creativity has no age. Throughout the year, members enthusiastically explored painting, storytelling, music, Pattimandram debates, quizzes, crochet, environmental art, crafts, literary competitions and digital creativity. Weekly music sessions became joyful gatherings where familiar







melodies rekindled cherished memories, while art workshops encouraged members to express emotions, rediscover forgotten talents and build confidence through creative expression. Every activity demonstrated that artistic expression is not simply recreation—it is a powerful pathway to emotional well-being, lifelong learning and social connection.



Wellness as a Way of Life

Supporting healthy and independent ageing remained central to the Chennai Chapter's activities. Regular yoga, Tai Chi and Zumba sessions encouraged physical fitness and emotional well-being, while physiotherapy awareness programmes, preventive health check-ups and pain management workshops promoted healthier lifestyles and greater independence. Members also explored technology-enabled wellness solutions designed specifically for older adults, highlighting the Chennai Chapter's progressive approach towards senior care. The success of these initiatives reflected a simple philosophy—healthy ageing begins with staying active, informed and connected.

Extending Our Reach Beyond the Centres

The Chennai Chapter continued to build meaningful partnerships with schools, colleges, healthcare institutions and community organisations, extending the impact of its programmes beyond its own membership. Grandparents' Day celebrations with school students, awareness programmes in public spaces, outreach at Anna Nagar Tower Park, and collaborative sessions with organisations such as HelpAge India created valuable opportunities to engage the wider community. These initiatives strengthened public awareness on senior welfare while promoting positive attitudes towards ageing and encouraging greater social inclusion.

Signature Initiatives

Geriatric Wellness Conference
The Chennai Chapter successfully organised a multidisciplinary conference bringing together healthcare professionals, academicians and senior citizens to discuss healthy ageing, dementia, nutrition, cardiac health and emotional well-being. The conference provided members with practical knowledge while promoting informed ageing and preventive healthcare.

World Alzheimer's Day Campaign
As part of its ongoing commitment to building dementia-friendly communities, the Chennai Chapter organised public awareness campaigns, distributed educational material and engaged citizens in meaningful conversations on dementia. Members actively participated in spreading awareness, demonstrating that advocacy is most powerful when driven by the community itself.

Dance for Memory and Elder's Day
One of the year's most inspiring initiatives brought together students and senior citizens through dance, creativity and awareness. The event successfully combined advocacy with celebration, promoting dignity, inclusion and greater public understanding of dementia while providing a platform to showcase the talents of both the generations.

Moments That Strengthened Friendships
Beyond structured programmes, the year was filled with memorable experiences that strengthened the bonds among members. Whether it was enjoying a cruise along the East Coast Road, visiting museums, watching films together, participating in talent shows, sharing homemade dishes during potluck gatherings or simply laughing over friendly games, these shared moments reinforced the sense of belonging that defines the Chai Masti Centre experience. The chapter continued to demonstrate that meaningful ageing is built not only through services, but through friendships, shared experiences and joyful participation in everyday life.

Impact Beyond Activities
The true success of the Chennai Chapter lies not in the number of programmes conducted, but in the lives transformed. Members gained confidence by performing on stage, acquired new digital skills, discovered hidden artistic talents, and embraced healthier lifestyles through regular wellness activities. Physiotherapy interventions enabled members experiencing chronic pain to regain mobility and improve their quality of life, while continuous participation in the Chai Masti Centres' activities helped foster confidence, companionship and emotional well-being. These individual stories collectively demonstrate how a supportive community can transform the experience of ageing—replacing isolation with belonging, inactivity with participation and dependence with renewed confidence.

Looking Ahead
The Chennai Chapter remains committed to creating communities where every older person feels valued, connected and empowered. By blending cultural heritage with innovation, wellness with creativity, and companionship with community participation, the Chennai Chapter continues to redefine what it means to age with dignity. As the journey continues, Chennai—and its satellite centre at Palakkad—will remain places where every conversation nurtures friendship, every programme inspires learning, and every gathering celebrates the limitless possibilities of active ageing.

SATELLITE CENTRE: COIMBATORE

Inspiring Change Through Innovation and Inclusion

Impact is not always measured by size. Sometimes, it is measured by the courage to introduce new ideas, build meaningful partnerships, and inspire an entire community to look at ageing differently.

The Coimbatore Chapter continued to strengthen Dignity Foundation's presence through a thoughtful blend of community engagement, wellness programmes, dementia advocacy, and innovative intergenerational initiatives. Despite operating with limited resources, the Coimbatore chapter demonstrated how collaboration with educational institutions, healthcare professionals and community partners can create meaningful opportunities for senior citizens to remain active, valued and connected. Throughout the year, the chapter focused on promoting healthy ageing, strengthening social inclusion, and creating greater public awareness about dementia and elder care.

Creating Communities Through Everyday Engagement

The Chai Masti Centre continued to provide a welcoming space where senior citizens gathered regularly to remain physically active, socially connected and emotionally engaged. Weekly yoga, Zumba Gold, Singing for Pleasure programmes, karaoke, quizzes and interactive learning sessions became much more than recreational activities—they fostered confidence, encouraged creativity and strengthened friendships among members.

Wellness sessions improved flexibility and physical fitness, while music and group activities created opportunities for self-expression, laughter and companionship, helping reduce loneliness and promote emotional well-being. The Coimbatore Chapter also introduced enriching learning opportunities, including sessions on handwriting analysis and post-retirement financial planning, enabling members to continue exploring new interests while making informed decisions about their lives.

Leading the Conversation on Dementia

One of the defining achievements of the Coimbatore Chapter during the year was its strong leadership in creating awareness about dementia. The World Alzheimer's Day Conclave, organised in collaboration with Kumaraguru College of Liberal Arts and Science, brought together healthcare professionals, academic institutions, partner organisations, students and senior citizens to promote dementia-inclusive communities. Through expert discussions, caregiver training, experiential learning and intergenerational dialogue, the conclave encouraged greater understanding, empathy and collective responsibility towards people living with dementia. Coimbatore Chapter further strengthened public awareness through the Walk for Memory, where more than 200 students and 40 senior citizens walked together, sending a powerful message of remembrance, inclusion and community support.









Where Generations Walked Together

The highlight of the year was the Dance for Memory and Intergenerational Fashion Walk, organised in partnership with PSGR Krishnammal College for Women.

Bringing together over 800 participants, including senior citizens and students, the event transformed dementia awareness into an inspiring community movement. The launch of the Dementia Anthem, expressive dance performances and the Intergenerational Fashion Walk demonstrated that awareness can be created not only through lectures but also through creativity, art and shared experiences. Senior citizens confidently walked alongside students, celebrating dignity, confidence and mutual respect while breaking stereotypes associated with ageing.

Extending Care Beyond the Centre

The Coimbatore Chapter continued to reach vulnerable senior citizens through compassionate community outreach. Medical kits and food packets were distributed to bedridden, economically disadvantaged and homeless older adults across the city, while home visits ensured that support reached those unable to visit the centre. These initiatives reflected the Coimbatore Chapter's commitment to ensuring that dignity extends beyond programme participants to those facing the greatest challenges.

Growing Through Partnerships

Throughout the year, the Coimbatore Chapter actively strengthened collaborations with educational institutions, healthcare professionals, residential communities, senior living facilities and corporate partners. Membership outreach initiatives, hospital networking for dementia referrals and CSR engagement laid a strong foundation for future expansion. The Coimbatore Chapter also initiated groundwork for programmes supporting underprivileged senior citizens by engaging with local communities and identifying areas where Dignity Foundation's services could create lasting impact.

Looking Ahead

The Coimbatore Chapter has demonstrated that innovation, collaboration and commitment can create meaningful impact regardless of the size of an organisational unit. By combining wellness, creativity, dementia advocacy and intergenerational engagement, it continues to build a community where older persons are respected, included and empowered. As the Coimbatore Chapter moves forward, it remains committed to expanding its outreach, strengthening partnerships and developing new opportunities that enable every senior citizen to age with dignity, purpose and hope.

SATELLITE CENTRE: PALAKKAD

Extending the Circle of Care

Every new beginning starts with a single step. In Palakkad, that step grew into a caring community where senior citizens discovered companionship, celebration and renewed hope.

Established in August 2025 under the guidance of the Chennai Chapter, the Palakkad Satellite Centre marked an important milestone in Dignity Foundation's journey of expanding community-based elder care into Kerala. In a short span, the centre successfully brought together senior citizens from residential communities and old age homes, creating welcoming spaces where they could celebrate culture, learn together and build meaningful friendships. Despite being in its inaugural year, the centre demonstrated that compassion, commitment and community participation can create lasting impact.

Building a Community of Care

The Palakkad Satellite Centre began its journey with introductory programmes in Chandranagar before expanding its activities to Karunya Geriatric Care Centre, Anand Kutir and Sri Nagar Colony. These centres soon became vibrant spaces where senior citizens gathered regularly for activities that encouraged social interaction, emotional well-being and active participation. What began as an outreach initiative gradually evolved into a close-knit community where older persons found friendship, encouragement and a renewed sense of belonging.



Celebrating Traditions, Creating Joy

Throughout the year, cultural celebrations brought colour, warmth and happiness into the lives of senior citizens. Festivals such as Onam, Deepavali and Christmas were celebrated with music, dance, traditional meals, games and community gatherings. From creating colourful pookalams and enjoying festive feasts to exchanging gifts and sharing joyful moments, every celebration reaffirmed the importance of preserving cultural traditions while strengthening human connections. For many elders residing in care homes, these celebrations recreated the warmth of family life and reminded them that they remained valued members of a caring community.







Honouring Heritage and Lifelong Learning

The Satellite Centre encouraged senior citizens to remain connected with Kerala's rich cultural heritage through thoughtfully planned experiences. A memorable visit to the Kalpathy Ratholsavam enabled members to participate in one of the region's most celebrated traditional festivals. Temple visits, community interaction, shopping and shared meals transformed the outing into an enriching experience that combined recreation, spirituality and companionship. Music continued to enrich the lives of members through Carnatic music concerts and classical dance performances at Anand Kutir, creating moments of peace, joy and cultural appreciation.

Taking Dementia Awareness to the Community

One of the year's significant initiatives was the outreach programme to the tribal communities of Agali and Attappadi, undertaken jointly with the Chennai Chapter. The visit focused on creating awareness about dementia, healthy ageing and the importance of caring for older persons. Through conversations, storytelling and community interaction, the programme encouraged understanding while also providing valuable insights into the traditions and lived experiences of tribal elders. The initiative reflected Dignity Foundation's commitment to ensuring that awareness and support reach even remote communities.

Bridging Generations Through Sport

The Intergenerational Sports Meet, organised in collaboration with Mercy College, became one of the defining highlights of the year. Bringing together 43 senior citizens and 105 students, the event demonstrated how shared experiences can strengthen understanding between generations. Traditional games, recreational competitions and team activities encouraged participation, laughter and mutual respect, while reinforcing the message that active ageing is best nurtured within an inclusive and connected community. The event celebrated not competition, but companionship—showing that when generations







come together, everyone grows richer through shared experiences.

A Strong Foundation for the Future

Although the Palakkad Satellite Centre completed only its first year of operations, it has already established a strong foundation for future growth. Through meaningful community engagement, vibrant cultural programmes and a commitment to promoting dignity and active ageing, the centre has begun creating a supportive environment where senior citizens feel respected, included and valued. Supported by the Chennai Chapter, the Palakkad Satellite Centre is steadily growing into a vibrant community that will continue to enrich the lives of older persons across the region.

DELHI

Many Voices, One Community

Different journeys came together to create a community bound by friendship, laughter and shared experiences.

The Delhi Chapter continued to provide vibrant spaces where senior citizens embraced active ageing through meaningful engagement, lifelong learning and lasting companionship. Across its three Chai Masti Centres—Safdarjung, DLF Phase 2 and the National Media Centre—members came together to celebrate festivals, participate in wellness activities, discover creative talents and build friendships that enriched their everyday lives. A diverse calendar of programmes ensured that every member found opportunities to remain physically active, mentally stimulated and socially connected, reflecting Dignity Foundation's commitment to promoting dignity and joyful ageing.

Three Centres, One Shared Vision

Each Chai Masti Centre contributed its own unique character while working towards a common goal of enhancing the quality of life of senior citizens. The Safdarjung Centre became a vibrant hub for cultural celebrations, awareness programmes and community gatherings. The DLF Phase 2 Centre promoted holistic well-being through yoga, Zumba, health camps, spiritual discussions and wellness activities. At the National Media Centre, members explored their creativity through music, art, health awareness sessions and engaging social interactions. Together, these centres created inclusive spaces where seniors felt valued, empowered and connected to a caring community.





Celebrating Culture, Strengthening Bonds

Cultural celebrations remained an integral part of community life, bringing members together to honour traditions while strengthening friendships. The Delhi Chapter celebrated Teej, Raksha Bandhan, Independence Day, Deepavali, Lohri, Holi, International Women's Day and several other occasions with great enthusiasm. Musical evenings, karaoke sessions, patriotic programmes, poetry recitals, dance performances and traditional festivities transformed every celebration into an opportunity for togetherness, joyful participation and shared memories. These occasions not only preserved cultural traditions but also reinforced the sense of belonging that defines the Chai Masti Centres.

Promoting Healthy and Active Ageing

Health and wellness continued to be at the heart of the Delhi Chapter's activities. Regular yoga, chair yoga, Zumba sessions, meditation, health awareness talks, medical camps and cognitive activities encouraged members to adopt healthy lifestyles while maintaining physical fitness and emotional well-being. Awareness sessions on nutrition, preventive healthcare and dementia further equipped senior citizens with valuable knowledge to support healthy and independent ageing. Together, these initiatives fostered resilience, confidence and a positive outlook towards later life.

Inspiring Creativity and Lifelong Learning

The Delhi Chapter encouraged members to continue learning, explore new interests and

express their creativity. Programmes marking World Alzheimer's Day, World Environment Day, World Population Day, Teacher's Day and Hindi Diwas promoted awareness and meaningful discussions on issues relevant to society and healthy ageing. Art and craft workshops, mandala painting, music sessions, poetry recitals and creative competitions provided members with opportunities to showcase their talents while enhancing concentration, confidence and emotional well-being. These initiatives demonstrated that learning and creativity continue to flourish at every stage of life.

Beyond the Centre: Building Community Connections

The chapter also created opportunities for members to connect beyond the four walls of the Chai Masti Centres. Picnics, visits to Nehru Park, Sunder Nursery, Amrit Udyan at Rashtrapati Bhavan, movie outings and cultural exchange programmes offered refreshing experiences that strengthened friendships and encouraged greater social participation. These shared journeys created lasting memories while reinforcing the importance of companionship, confidence and community engagement in promoting active ageing.

A Year of Meaningful Engagement

The year 2025–26 reflected the Delhi Chapter's unwavering commitment to creating inclusive spaces where senior citizens could lead active, healthy and fulfilling lives. Through a thoughtful blend of cultural celebrations, wellness initiatives, creative pursuits, awareness programmes and community engagement, the Delhi Chapter continued to strengthen the bonds of friendship and promote the values of dignity, independence and active ageing. The collective enthusiasm of members, volunteers and staff transformed every Chai Masti Centre into a welcoming community where every interaction fostered confidence, companionship and a renewed sense of purpose, making the year a memorable chapter in the Delhi Chapter's journey









KOLKATA

Where Culture Builds Community

In every conversation, every melody and every shared tradition, senior citizens found companionship, confidence and a renewed joy for life.

The Kolkata Chapter continued to enrich the lives of senior citizens by creating spaces where culture, companionship and community came together. Through its four Chai Masti Centres—Baguiati, Behala, Dhakuria and Salt Lake—the chapter served more than 220 senior citizens, offering opportunities to remain socially connected, physically active and emotionally engaged. Complementing these centres were initiatives such as dementia day care, ration support and helpline services, ensuring holistic care that addressed the diverse needs of older adults across Kolkata.





Four Centres, One Cultural Spirit

Each of the Kolkata Chapter's four Chai Masti Centres developed its own unique identity while remaining rooted in the values of companionship, participation and active ageing. Baguiati brought members together through music, seasonal celebrations and wellness activities that fostered friendship and belonging. Behala celebrated Bengal's rich literary and performing arts traditions, with regular programmes in Rabindra Sangeet, poetry, theatre and cultural performances.

Dhakuria combined health awareness, educational sessions and recreational outings to encourage informed and active living, while Salt Lake focused on cognitive wellness, digital literacy and structured activities that promoted independence and confidence among older adults. Though each centre offered a distinct experience, they were united by a shared commitment to ensuring that every senior citizen found a welcoming space to connect, contribute and celebrate life with dignity.

A Year Rooted in Bengal's Traditions

The Kolkata Chapter celebrated the cultural heritage of Bengal with remarkable enthusiasm, transforming every festival into an opportunity to strengthen friendships and create lasting memories. Members participated in vibrant celebrations of Poila Boishakh, Rabindra Jayanti, Nazrul Jayanti, Durga Puja, Bijoya Sammilani, Saraswati Puja, Christmas, New Year, Independence Day and several other occasions. Music, dance, poetry recitals, theatre performances and traditional festivities reflected the artistic spirit



of Bengal while fostering joy, togetherness and a strong sense of belonging among members.

Caring for Health, Enriching Lives

Health and well-being remained central to the Kolkata Chapter's work throughout the year. In collaboration with leading healthcare institutions, it organised health awareness programmes, medical camps and educational sessions that empowered senior citizens to make informed choices about their physical and emotional well-being. Programmes on healthy ageing, dementia awareness, breast cancer, preventive healthcare and financial planning were complemented by regular yoga, aerobics, physiotherapy exercises and wellness sessions. These initiatives encouraged members to remain active, informed and confident while embracing healthy ageing with dignity.

Where Creativity Never Retires

Across the four centres, learning and self-expression continued to flourish. Members immersed themselves in Rabindra Sangeet, Nazrul Geeti, poetry recitals, theatre, storytelling, quizzes, memory games, digital literacy sessions and creative workshops that celebrated lifelong talents and inspired new interests. Whether performing before an audience, participating in literary discussions or learning to navigate the digital world, members demonstrated that curiosity and creativity know no age. Every activity reinforced confidence, encouraged participation and highlighted the immense potential of active ageing.

Extending Care Beyond the Centres

The Kolkata Chapter's commitment extended well beyond its regular programmes. Community outreach initiatives such as ration distribution, blanket distribution, free health camps and food support for underprivileged communities reflected Dignity Foundation's belief that ageing with dignity must also be inclusive and compassionate. By combining direct support with awareness and community participation, the Kolkata Chapter strengthened its relationship with the wider community while encouraging members themselves to contribute to meaningful social causes.







A Symphony of Care and Companionship

Throughout 2025–26, the Kolkata Chapter beautifully demonstrated that ageing with dignity is enriched by culture, conversation and community. Whether through a Rabindra Sangeet recital, a health awareness programme, a theatre performance or a simple cup of tea shared among friends, every initiative reflected its belief that companionship and cultural identity are powerful companions in later life. By preserving Bengal's rich traditions while embracing innovation in health, wellness and lifelong learning, the Kolkata Chapter continued to create vibrant communities where every senior citizen felt valued, respected and inspired to live life with purpose.

MUMBAI

Where Every Neighbourhood Became a Community

A city is defined not merely by its skyline, but by the strength of its communities. Across Mumbai, every Chai Masti Centre became a place where friendships flourished, talents blossomed and senior citizens discovered renewed purpose.







Mumbai has always been at the heart of Dignity Foundation's journey, and during 2025–26 its Chai Masti Centres continued to exemplify the DF's vision of active, healthy and dignified ageing. Spread across diverse neighbourhoods, each centre reflected the unique spirit of its local community while remaining united by a common purpose—to ensure that no senior citizen experiences ageing in isolation.

Through wellness programmes, cultural celebrations, cognitive engagement, creative expression, educational workshops and meaningful social interactions, these centres transformed everyday gatherings into opportunities for connection, learning and joy. Together, they demonstrated that ageing is not a phase of withdrawal, but a time for renewed participation, lifelong friendships and purposeful living.

Thane: Creativity That Keeps Minds and Hearts Active

The Thane Chai Masti Centre stood out for its imaginative approach to active ageing by blending wellness, creativity and cognitive stimulation into everyday engagement. Alongside regular yoga, Zumba and drawing sessions, members enthusiastically participated in innovative brain-stimulating activities such as memory exercises, paper and stick challenges, and interactive games designed to enhance concentration and coordination.

The centre celebrated every milestone with warmth—from birthdays and festivals to community lunches, picnics, happiness workshops and intergenerational events—creating an atmosphere where learning and laughter went hand in hand. Whether preparing a fruit salad together, participating in sports or celebrating festivals with neighbouring centres, Thane nurtured an environment where companionship and joyful participation remained at the heart of every activity.

Powai: A Place Where Friendships Flourished

The Powai Chai Masti Centre continued to strengthen its identity as a welcoming space where seniors found companionship, confidence and renewed enthusiasm for life. Throughout the year, the centre remained vibrant with celebrations, birthday gatherings, cultural programmes and





interactive activities that encouraged members to stay physically active and socially connected. Regular health awareness sessions, legal guidance, yoga, games, storytelling and group discussions ensured that learning was seamlessly woven into recreation. More importantly, Powai created an atmosphere where every member felt heard, appreciated and valued, transforming ordinary afternoons into memorable experiences filled with warmth, laughter and shared memories.

Mahim: Building Confidence Through Community

Mahim demonstrated that the true success of a Chai Masti Centre lies not only in the programmes it conducts but the confidence it nurtures among its members. A thoughtfully planned weekly schedule combining Zumba, yoga, Bhagavad Gita reading, indoor games, laughter yoga and health awareness sessions ensured consistent participation and holistic well-being. Expert sessions on neurological health and epilepsy awareness broadened members' understanding of age-related health concerns.

The inspiring journey of member Suchita Kshirsagar—from a hesitant participant to someone confidently leading activities and expressing a desire to conduct sessions at other centres—beautifully reflected the transformative impact of an inclusive and supportive community. Mahim exemplified how encouragement and companionship can unlock leadership, purpose and self-belief at any stage of life.

Dadar: Celebrating Life, Culture and Community Spirit

The Dadar Chai Masti Centre remained one of Mumbai's most energetic hubs of engagement, seamlessly blending health promotion, cultural celebrations and community participation. The centre played a significant role in observing World Alzheimer's Day by partnering with healthcare professionals and organising a public awareness walkathon alongside the Shivaji Park Police, reinforcing Dignity Foundation's commitment to dementia awareness.

Throughout the year, members enthusiastically embraced Tai Chi, yoga, karaoke, laughter sessions and recreational outings while celebrating festivals such as Holi, Janmashtami, Navratri, Diwali and Christmas with exceptional zeal. Whether participating in colourful cultural performances, enjoying music and dance, exploring the city's heritage through group excursions or simply sharing joyful moments together, Dadar



consistently created opportunities for members to remain active, connected and deeply engaged with one another.

Mahalaxmi: A Centre of Discovery, Wellness and Lifelong Learning

The Mahalaxmi Chai Masti Centre emerged as one of Mumbai's most dynamic centres, where every month brought fresh opportunities for seniors to learn, create, perform and serve the community. While regular yoga, Tai Chi, Zumba, laughter yoga and indoor games formed the foundation of its wellness programme, the centre distinguished itself through an extraordinary variety of experiences. Members participated in fashion shows, dance workshops, digital literacy sessions, brain gym exercises, sound therapy, art and craft workshops, acupressure demonstrations, healthy ageing seminars and interactive discussions on spirituality, nutrition and preventive healthcare.

Recreational outings to Raj Bhavan, Marine Drive, cinemas and Karjat offered opportunities for exploration and fellowship, while annual cultural performances showcased the remarkable talent and confidence of members. The centre also fostered compassion beyond its walls through festive outreach to cancer patients at Tata Memorial Hospital, demonstrating that active ageing is equally about giving back to society. The Mahalaxmi Chai Masti Centres truly became a space where seniors continued to learn, contribute and celebrate every stage of life with enthusiasm and purpose.

JP Infra Communities: Building Connections Where Seniors Live

The JP Infra Chai Masti Communities successfully extended Dignity Foundation's philosophy of active ageing into residential neighbourhoods, making companionship and meaningful engagement easily accessible to senior citizens within their own communities. Throughout the year, members enthusiastically celebrated Guru Purnima, Independence Day, Raksha Bandhan, Teachers' Day, Diwali, Christmas, Republic Day, Women's Day, Mother's Day and several community gatherings that encouraged participation across generations.

Fashion shows, talent presentations, potluck lunches, festive celebrations and cultural performances created opportunities for members to showcase their abilities while strengthening neighbourhood relationships. As participation steadily increased, particularly during the Mother's Day talent showcase, the centre demonstrated





how residential communities can become vibrant spaces where seniors continue to build friendships, celebrate traditions and actively contribute to community life.

Vashi: A Community Energised by Wellness and Participation

The Vashi Chai Masti Centre continued to thrive as one of Mumbai's most energetic centres, where wellness and recreation blended seamlessly throughout the year. Regular physiotherapy sessions, yoga classes and Zumba programmes encouraged members to remain physically active, while music, dance, karaoke, games and cultural rehearsals ensured continuous engagement and joyful participation. Informative sessions on mental health, counselling, physiotherapy and healthy ageing empowered members with practical knowledge to support their well-being.

The centre enthusiastically celebrated festivals including Women's Day, Holi, Ram Navami, Raksha Bandhan, Janmashtami, Ganesh Chaturthi, Durga Puja, Diwali and Children's Day, with members frequently participating in city-wide performances and cultural competitions. Recognition received during fashion shows and Dignity Foundation events reflected the confidence, creativity and collective spirit that characterised the Vashi community. More than a recreational space, Vashi evolved into a lively environment where seniors remained physically active, emotionally connected and eager to embrace new experiences together.

Mulund: A Promising Beginning Filled with Possibilities







Although established only in January 2025, the Mulund Chai Masti Centre made remarkable progress within its first year, growing from just five founding members into a vibrant community of 24 active participants. From the outset, the centre embraced the philosophy of active ageing through regular yoga, Zumba, karaoke, drawing sessions, craft workshops, games and monthly birthday celebrations that encouraged participation and friendship.

Recreational outings, snack gatherings and festive celebrations added warmth to the centre's growing identity, while joint Christmas and New Year celebrations with the Thane Chai Masti Centres strengthened relationships across the Mumbai Chapter. The enthusiastic response from members demonstrated that even a newly established centre can quickly become a place of belonging when programmes are thoughtfully designed around companionship, creativity and meaningful engagement. Mulund's encouraging first year laid a strong foundation for many more years of community-building and active ageing.

PUNE

Three Centres, One Vibrant Community

A strong community is built not by the number of people it serves, but by the meaningful connections it nurtures. Across Wanowrie, Kalyani Nagar and Magarpatta, Dignity Foundation continued to create spaces where every senior citizen found friendship, purpose and the confidence to embrace life with renewed enthusiasm.

Throughout 2025–26, Dignity Foundation's Pune Chapter strengthened its commitment to active and dignified ageing through its three Chai Masti Centres at Wanowrie, Kalyani Nagar and Magarpatta. Together, these centres served 148 active members, providing welcoming environments where seniors came together to stay engaged, discover new interests and build meaningful relationships. More than activity centres, they became vibrant community spaces where every interaction reinforced the values of inclusion, mutual support and lifelong participation.

A Culture of Participation

The Pune Chapter offered a thoughtfully curated mix of wellness, recreation and social engagement throughout the year. Members enthusiastically participated in movement-based activities, music, games, meditation, bridge, Housie, bhajan sessions and interactive group programmes that encouraged physical fitness, mental stimulation and joyful participation. These regular gatherings created an atmosphere where learning, laughter and shared experiences naturally became part





of everyday life, helping members remain active, independent and socially connected.

Celebrating Traditions Together

Festivals brought an added sense of warmth and vibrancy to the centres, with members enthusiastically celebrating occasions such as Christmas, Diwali, Holi, Independence Day, Republic Day, Raksha Bandhan and International Women's Day. Music, dance, cultural performances, games and shared refreshments transformed every celebration into an opportunity to strengthen relationships and create lasting memories. These occasions reflected the Pune Chapter's belief that traditions become even more meaningful when celebrated together.

Learning Beyond the Classroom

The Pune Chapter enriched members' experiences by combining recreation with continuous learning. A visit to Dignity Lifestyle at Neral and a two-day picnic to Matheran offered opportunities to relax, explore new surroundings and enjoy quality time together. Complementing these outings were valuable knowledge sessions organised in collaboration with Jehangir Hospital and IDFC First Bank. While healthcare professionals shared practical guidance on preventive health, nutrition

and healthy ageing, banking experts equipped members with essential knowledge on cyber safety, secure digital banking and fraud prevention, enabling them to navigate today's digital world with greater confidence.

Honouring the Wisdom of Age

A highlight of the year was the World Elders' Day celebration, which brought together members from across the Pune Chapter for a memorable day of cultural performances, music, games and interactive activities. The event paid tribute to the invaluable contributions of senior citizens while reinforcing the importance of continued participation in community life. It celebrated not only longevity, but also the experience, resilience and wisdom that older adults bring to society.

Powered by Community Support

Behind every successful initiative was the unwavering support of donors, volunteers, corporate partners, Steering Committee members and well-wishers who believed in Dignity Foundation's mission. Despite operational challenges, including funding constraints and increasing service demands, the Pune Chapter sustained its programmes through collective effort, thoughtful planning and a shared commitment to improving the lives of senior citizens. Their continued encouragement ensured that every member could benefit from a safe, engaging and compassionate community environment.

Growing Stronger Together

Across its three Chai Masti Centres, the Pune Chapter demonstrated how neighbourhood communities can come together to enrich the lives of older adults. Every programme—whether recreational, educational, cultural or wellness-focused—encouraged members to remain curious, active and connected. United by a shared purpose, Wanowrie, Kalyani Nagar and Magarpatta continued to reflect Dignity Foundation's belief that growing older is not about slowing down, but about continuing to live with enthusiasm, independence and dignity.









HYDERABAD

Creating an Engaging Space for Seniors

The Hyderabad Chapter continued to provide a welcoming and engaging space for senior citizens through its Chai Masti Centre, fostering companionship, active participation, and holistic well-being. Members came together regularly to participate in programmes that encouraged physical fitness, cognitive stimulation, social interaction, and emotional wellness. Each session commenced with activities promoting physical health, including yoga, Zumba, stretching exercises, meditation, and spiritual wellness practices.

These were complemented by a variety of cognitive and recreational activities such as brain-teasers, Scrabble, Spellathon, reminiscence sessions, quizzes, colouring activities, Housie, carrom, board games, and musical engagement – creating opportunities for members to remain mentally active while strengthening friendships within the group.





The Hyderabad Chapter also observed several special occasions that brought members together in celebration and learning. Holi and International Women's Day were celebrated with enthusiasm, while Health Awareness Week featured interactive sessions promoting healthy ageing. Expert talks on topics relevant to senior citizens, including the safe use of technology and personal well-being, encouraged informed discussions and practical learning among members.

A memorable highlight of the year was the 'Shades of Pink and Blue' celebration held on February 14, 2026, which was graced by Dr Sheilu Sreenivasan, Founder of Dignity Foundation, and Felista Jose, Vice President, Dignity Foundation. The event celebrated friendship, togetherness, and the vibrant spirit of senior citizens, providing members with an opportunity to interact, celebrate, and strengthen their sense of community over a shared meal.

Through its thoughtfully curated activities and member-centric approach, the Hyderabad Chapter continued to nurture an inclusive and supportive community where senior citizens remained active, socially connected, and engaged in meaningful experiences, reflecting Dignity Foundation's commitment to promoting active and dignified ageing.



PROGRAMMES

Dignity Dialogue Magazine

From 1995 till date, Dignity Dialogue has been the leading monthly magazine dedicated to the promotion of productive ageing through sharing of inspiring stories, ideas, thought leadership and infotainment. Dignity Dialogue, being India's longest-running senior citizen magazine in publication, has inspired many readers to hone their amateur skills and become professionals like photographers, travel writers, stage actors, etc. With topics ranging from travel, health, money to films and humour, Dignity Dialogue has it all.

Our Impact

32	384	22,000+
years	issues	subscribers



Why Dignity Dialogue?

- Articles by Domain Experts: Experts in the fields of finance, law, medicine, health and technology regularly contribute their thoughts to Dignity Dialogue magazine.
- Positive and Empowering: We celebrate the golden years and focus on senior citizens' accomplishments and new learnings in the second innings of their life! Our cover stories highlight the achievements of leading personalities who have not let age dampen their enthusiasm to create new milestones and reach the pinnacle of success.
- Health and Wellness: We know the importance of good health for the elderly. In each issue, we bring important information about your wellness as well as physical and mental health.
- Community Building: Our magazine is for YOU, so we have ample opportunities for you to express your opinions, share your feedback and write about your memories and milestones.
- New Hobbies: Each issue of Dignity Dialogue features articles that will help develop new hobbies in your retirement phase.
- Productive Use of Time: Readers have something meaningful and valuable to look forward to with every edition of Dignity Dialogue. Many readers preserve our copies and revisit them often.
- Entertainment: Our magazine is incomplete without an entertainment feature and other exciting sections like humor and photo feature, making it a light and enjoyable reading experience.

Dignity Dialogue is available in hard-copy and e-copy for a cost-effective annual subscription. A one-year membership provides 12 issues – one issue per month. We have multi-year subscription options at discounted prices as well. For more information or to purchase your subscription, visit our website or call 022 6138 1100. To contact the editor, call 7756851467.

SPOTLIGHT

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For Mumbai's dementia patients, diagnosis is only the beginning

As the city's population ages, is Mumbai ready for the families who will be asking the same thing? Specialists in the city can diagnose and treat dementia. What can be considerably harder to find is what comes after: accessible, affordable and continuing care

Published - October 11, 2026 12:24 pm IST

YOHAAN VARGHESE

READ LATER

Dignity Foundation, during World Alzheimer's Month in September, ran its "The Empty Chair" campaign, focused on recognising early signs of dementia, dispelling misconceptions and encouraging young people to support elderly family members.



RNI NO.MAHMAR/2007/21516

बुधवार २९ एप्रिल २०२६

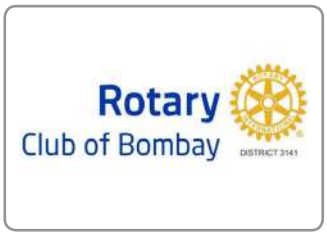
तहलका समाचार

संपादक : संतोष गोविंद कोठावदे

शिवसेनाप्रमुख भीमान बाळासाहेब ठाकरे यांच्या जन्म शताब्दी वर्षी घाटकोपर पूर्व विधानसभाच्या वतीने विविध कार्यक्रमाचे आयोजन करण्यात आले आहे , त्या अनुषंगाने शिवसेना उद्धव बाळासाहेब ठाकरे पक्षाच्या शाखा क्र.१३० च्या वतीने जेष्ठ नागरिकांसाठी फिजिओथेरपी सेवा डिग्नीटी फौंडेशन च्या वैद्यकीय पथका मार्फत गंगावाडी येथे सुरु करण्यात आली .यामध्ये विविध प्रकारचे व्यायाम,आणि आहार तसेच योग्य उपचाराचे डॉक्टरांकडून मार्गदर्शन करण्यात आले .शिवसेना विभागप्रमुख सुरेश पाटील यांच्या सुचनेनुसार या कार्यक्रमाला उपविभागप्रमुख अजित गुजर, घाटकोपर पूर्व विधानसभा कार्यालय प्रमुख, डोंबिवली विधानसभा संपर्क प्रमुख,प्रकाश वाणी,शिक्षकेतर कर्मचारी सेनेचे राज्य सचिव सचिन भांगे,शाखाप्रमुख महेंद्र भुते, विकास तायडे,आकेश कदम, प्रविण नाईक,चंद्रकांत हळदणकर तसेच महिला आघाडीच्या नंदा काळे यांच्या सह मोठ्या संख्येने लोक उपस्थित होते .

OUR SUPPORTERS





























































CORPORATE DONORS

Name	Amount (INR)
Euronet Services India Pvt Ltd	11,982,380
Azim Premji Philanthropic	2,394,000
Capricon Realty Pvt Ltd	1,500,000
3p Investment Managers Pvt Ltd	850,000
JP Infra Realty Pvt Ltd	742,816
Sunanda Speciality Coating	700,000
Data Pattern(India) Limited	693,000
Aequitus Investment Consultancy Pvt Ltd	500,000
Twentyfour - K Facilities Management Pvt Ltd	450,000
Kotak Mahindra bank	441,143
The Landoor A Division of Mediaedge Cia India Pvt Ltd	435,000
JP Infra Residency Pvt Ltd	353,321
Arrow Electricals India Limited	300,000
International Reinsurence And Insurance Consultancy And Broking Service Pvt Ltd	150,000
Manipal Hospital	135,000
Akums Drugs And Pharmaceutical	125,000
Aeon Desing & Development LLp	104,895
Taisho Venture Pvt Ltd	100,000
Concept Consilio India Pvt Ltd	100,000

Name	Amount (INR)
Sundaram Finance Limited	100,000
Indian Overseas Bank	100,000
Transworld Shipping Lines Limited	81,202
Matrix Architectural Solutions	51,000
Shaw Floors india Pvt Ltd	45,000
DRK Metallurgucal Pvt Ltd	45,000
Lodge Coimbatore 172	40,000
Anjali Jewllers Pvt Ltd	25,000
Berger Paints India Ltd	25,000
Sri Mahalakshmi Diary Pvt Ltd	25,000
Intergenerational Sports	22,500
Krishna Telco Moments	20,000
Jain Colours and Chemicals	20,000
Lake View School	20,000
Mgm Health Care Malar	20,000
Tajonline India Pvt Ltd	17,500
Amaza Power	13,000
Manot Poly Colours Pvt Ltd	10,000
Lodge Coimbatore	10,000
Thomas Dt	10,000

DONATIONS BY TRUST

Name	Amount (INR)
Azim Premji Philanthropic	4,190,000
Rotary Club of Bombay Charities Trust	3,641,955
Dignity Lifestyle Trust	3,030,000
Bhagwanti Memorial Foundation	825,000
R M Charitable Trust	370,000
K P Charitable Trust	370,000
Tulip Foundation	200,000
Inner Wheel Club Bombay Charity Trust	195,000
Nirlon Foundation	140,000
Raghuveni Charitable Trust	120,000
Jasoti Lokoomal & Mulchand Ghanshamdas Charities	100,000
Lalji Mehrotra Foundation	100,000
Arvindalini Foundation	100,000
Give India Foundation	93,789
Am Educare	90,000
United Way Of Mumbai	85,158
Online Giving Foundation	30,296
Ramal Charities	25,000
Thatikonda Vatsala Ramachandra Foundation	25,000
V P Gohel Memorial Trust	15,000
Martin Charitable trust	14,800
Rotary Club Of Mumbai Sher E Punjab	12,000
Lions club mumbai	10,500
Banchbo Healing Touch Foundation	10,000
Ava Care	10,000

INDIVIDUAL DONORS LIST (ABOVE 10K)

Name	Amount (INR)
Sulakshana Raghavan	2,050,000
Sheilu Sreenivasan	525,000
Vasanti Rane	410,000
Madhusudan Bhaiya	210,000
Bhavani Balasubramaniam	203,550
Asha Savant	172,000
Oscar Gomes	100,000
Firuza Kasad	100,000
Tarla Gandhi	100,000
Meenal Kshirsagar	100,000
Karan Thapar	100,000
Jaya Dass	95,000
Satyabhama Subramanima	85,000
Gayathri	57,600
Rajeshwari Nair	55,000
N C Krishnaswamy	55,000
Dinesh Jasani	51,051
Vtm Prakasam	51,000
Amitabha Kundu	50,152
Vishal Bakshi	50,000
Nirupma Sharma	50,000
Snehal Laud	50,000
Molanjur Theyyunni	49,500
Anjali Gadikar	48,300
S J Sudha	37,500
Neelam Jyoti	37,000
Joseph Noel Nehru	36,750
Anjana Chakraborty	35,200
Sundera Gopalan	34,000
Bhasker Bagadia	32,738
Usha Gautam	32,500
Indu Kansara	32,500
Muralidharan Rajamani	31,500
Tripta Tiwari	31,500
Ramani Iyer	30,200

Name	Amount (INR)
Rama Prasad Jakkaraju	30,000
Ashwini Kulkarni	26,011
hema Pai	25,000
Dolly Nanavati	25,000
Lakshmi Ramani	25,000
Joyce Sankaran	25,000
Rhoda Doctor	25,000
Uma Srinivasan	25,000
Raja Dandapat	25,000
Padmavathy Balasubramaniam	25,000
Sheila	25,000
Vishwanath Bhat	24,000
Rajni Diwan	22,000
Padmaja Aravindan	22,000
Anant Bhat	21,888
Sudha Desai	21,250
Vasanthi Mathew	20,750
Kalpesh Ashar	20,500
Shrikant Garge	20,000
Sabar Jilla	20,000
Prithvi Raj Khanna	20,000
Lakshmi Srinivasan	20,000
Gautam Agarwal	20,000
Anirudh Bhalotia	20,000
Pricilla Johar	20,000
Vinod B Pillai	18,500
Vasanthi Sampath Kumar	18,200
Radha Madhavan	18,000
V Sundaram	17,500
Gururaja Rao	16,500
Priyanka Nagpure	16,000
Samar & Arati Basu	15,600
Subodh Mazumder	15,600
Rajnikant Reshamwala	15,000

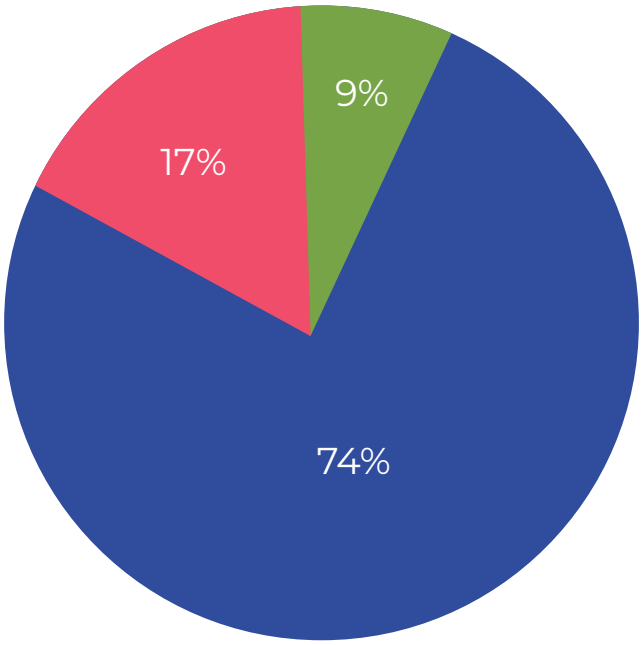
OUR SUPPORTERS

Name	Amount (INR)
Biraj Harshad Parikh	15,000
Thulasi	15,000
Kunjalata Trivedi	14,500
Rajeshwari	14,500
Asawari Parsekar	14,161
Swapnil Ghatkar	13,860
Anirudh R	13,501
Geetha Viswakumar	13,000
Hemalatha Anand	13,000
B Durga	13,000
Kasi Viswanathan	13,000
Indra Dakshinamurthy	13,000
Kantha Srinivasan	13,000
K Sakunthala	13,000
Pushpa Subramonian	13,000
Sanjiv Parekh	12,000
Kala Balaji	11,500
T Rukmini Devi	11,300
Pranati Saha	11,200
Moreshwar Khaperde	11,000
Padma Urs	11,000
Suresh	11,000
Mohan Krishnan	11,000
Chhaya Roy Chowdhury	10,999
Sudha Sharma	10,600
Geeta Iyenger	10,500
Mallika Krishnakumar	10,400
Basudeb & Dipti Ghosh	10,400
Amita Prova Pakrasi	10,400
Sisir Kumar Das	10,400
Anuradha Dasgupta	10,400
Sumana Sengupta	10,400
Shyamali Pathak	10,400
Tapan Basu	10,400
N. C. Krishnaswamy	10,200
Gurudas Vaswani	10,200

Name	Amount (INR)
Rajesh Kumar	10,000
Ravi S Tiwari	10,000
Arvind Kumar	10,000
J Muruganathan	10,000
Prakash Koppar	10,000
Raghunath	10,000
Veena Kapoor	10,000
Perin Bilia	10,000
Nandita Banerjee	10,000
Arun Kumar Rai	10,000
Maharukh Adil Katrak	10,000
Sunil Sawant	10,000
Gopal Srinivasan	10,000
Rashmi Vyvaharkar	10,000
Rajani Devi Mishra	10,000
Saurav Sinha	10,000
Nitin Shrikant	10,000
Amisha Chokshi	10,000
H C Banerjee	10,000
Shubhamastu	10,000
Saurabh Singh	10,000
Sriram U N	10,000
Yamuna Subaramaniam	10,000
Gokulam	10,000
Ranga Reddy	10,000
T Sasi Rekha	10,000
K B Mani	10,000
Malathi Kannan	10,000
Viswakumar	10,000
Yamuna	10,000
Jayalakshmi	10,000
G Padmanabhan	10,000
Mahaveers	10,000
Sajani Girija Manikanda	10,000
Krishna	10,000
Mridula Deshpande	10,000

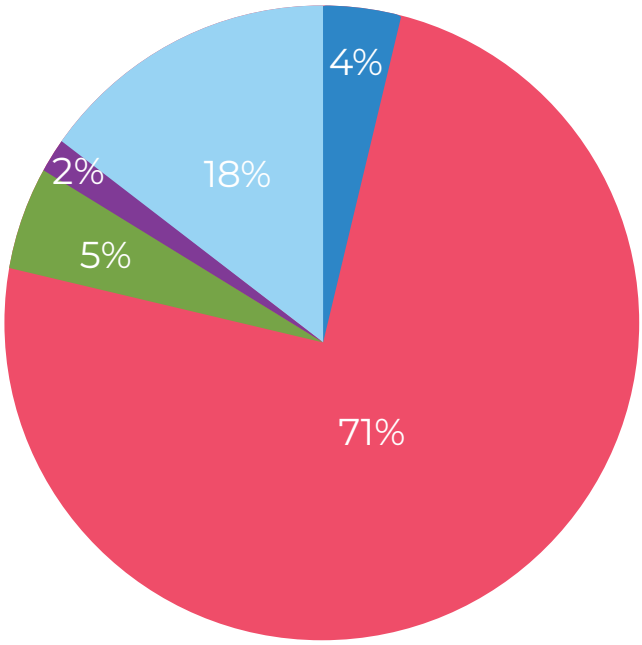
FINANCIAL PERFORMANCE
AT A GLANCE

Income



- Donations
- Membership Contributions
- Income From Other Sources

Expenses



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

Income	Amount (In ₹.)	%
Donations	48,361,789	74%
Membership Contributions	11,197,394	17%
Income From Other Sources	5,596,869	9%
Total	**65,156,052**	**100%**

Expenses	Amount (In ₹.)	%
Educational	2,341,037	4%
Medical Relief	45,530,037	71%
Relief Of Poverty	2,886,499	5%
Other Charitable Objects	1,494,107	2%
Administrative Expenses	11,649,209	18%
Total	**63,900,889**	**100%**

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

Opinion

We have audited the financial statements of **Dignity Foundation** which comprise the Balance Sheet as at 31st March, 2026 and the Statement of Income and Expenditure for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, and to the best of our information and according to the explanations given to us, the accompanying financial statements give a true and fair view of the financial position of the entity as at 31st March 2026 and of its financial performance for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

Basis for Opinion

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

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

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

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

Auditor's Responsibilities for the Audit of the Financial Statements

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

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



8 – Ambalal Doshi Marg, Fort,
Mumbai – 400 001. INDIA
Tel.: + 91 -22 - 22654882 / 22651731/ 22657093
Website: www.bdjokhakar.com
Mumbai | Pune

1. We further report that

i. In our opinion and to the best of our information and according to the explanations given to us, the said accounts give the information required by the Maharashtra Public Trust Act, 1950 in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:

(a) in the case of the Balance Sheet, of the state of affairs of the **Dignity foundation** as at March 31, 2026; and

(b) In the case of the Income and Expenditure Account, of the excess of expenditure over income for the year ended on that date.

ii. As required by the provisions relating to the accounts audited under sub section 2 of Section 33 and 34 and Rule 19 of the Maharashtra Public Trust Act,1950 we further report as follows:-

a) The accounts are maintained regularly and in accordance with the provisions of the Act and Rules.

b) The Receipts and disbursements are properly and correctly shown in the accounts.

c) The vouchers are in the custody of the manager or trustee on the date of audit were in agreement with the accounts.

d) All books, deeds, accounts, vouchers or other documents or records required by us were produced.

e) A register of movable and immovable property is maintained on computer and we are informed that the changes in landed properties have been communicated to the Regional Office, and there were no defects or inaccuracies mentioned in the previous audit report.

f) All necessary information required by us has been furnished to us by the manager and trustee whenever called upon.

g) No property or funds of the Trust were applied for any object or purpose other than for the object or purpose of the Trust.

h) No amount which is due is outstanding for more than one year except disclosed in financial statements and no amount have been written off as bad during the year under audit.

i) There are parties to whom contracts for construction and repairs exceeding Rs.5,000/- were given on basis of rate contract for which no tenders were invited as the Trust contends that it being in a remote area there are not enough service providers as required.

j) No trust money has been invested contrary to the provisions of Section 35.

B. D. JOKHAKAR & CO. * CHARTERED ACCOUNTANTS * MUMBAI

k) There is no alienation of the immovable property contrary to the provisions of Section 36.

l) So far as it is ascertainable from the books of accounts and according to the information and explanation given to us by the Treasurer, there were no special matters which are required to be brought to the notice of the Deputy Charity Commissioner.

m) So far it is ascertainable from the books of accounts and according to the information and explanation given to us, there were no cases of irregular, illegal or improper expenditure or failure or omission to recover money or other properties belonging to the Trust or of loss, waste of money or other property thereof.

n) The budget has been filed in the form as provided by Rule 16-A.

o) The maximum and minimum number of the members of the Managing Committee is maintained.

p) The meetings are held regularly as provided in the rules and regulations.

q) The minute's book of the proceedings of the meeting is maintained.

r) None of the Board of Trustees has any interest in the investment of the Trust.

s) None of the Board of Trustees is a debtor or creditor of the Trust.

t) No irregularities were pointed out by the Auditors in the accounts of the previous years.

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

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

Raman H. Jokhakar
Partner
Membership No 103241
UDIN:26103241NOXLOB3798

Place: Mumbai
Date:29th September,2026

SCHEDULE VIII

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION** — Number of the Trust : **F 19856 (BOM)**

Balance Sheet as at **31st MARCH, 2026**

FUNDS AND LIABILITIES		Rs.	Rs.	PROPERTY AND ASSETS		Rs.	Rs.
Trusts Funds or Corpus -				*Immovable properties :- (At Cost)*			
Balance as per last balance-sheet		5,741,649					
Adjustment during the year	Sch I		5,741,649	Additions or deductions (including those for depreciation), if any during the year		NIL	
				Less : Depreciation up to the date		NIL	
Other Earmarked funds -				Add : Capital W.I.P			
(Created under the provisions of the trust-deed or scheme or out of the income)						NIL	NIL
Depreciation Fund			NIL	*Investments -*			
Sinking Fund			NIL	Fixed Deposits with Bank	Sch IV		7,109,574
Reserve Fund			NIL	Mutual Fund Units			37,186
Any other Fund	Sch II		1,538,160				
				Fixed Assets-			
Loans (Secured or Unsecured) -				Balance as per last balance-sheet		6,852,005	
From trustees (Unsecured, Interest Free from Dr. Sheilu Sreenivasan)			5,600,000	Additions during the year	Sch V	2,468,843	
From others			NIL	Less: Sales / Written off		222,298	
				Depreciation up to the date		1,372,002	7,726,548
Liabilities -							
For Expenses		4,572,017		*Loans (secured or Unsecured)-*			
For Advances	Sch III	1,022,539		Loans scholarships			
For Sundry Credit Balances		1,067,960	6,662,516				
				Advances			
Income and Expenditure Account				To Trustees			
Balance as per Last Balance Sheet		83,328		To Employees		86,000	
Less : Appropriation, if any				To Contractors	Sch VI		
Less : Deficit as per Income &		-		To Lawyers			
Add: Surplus Expenditure A/c		1,255,163	1,338,491	To Others		175,058	261,058
				Security Deposits	Sch VII		2,206,800
Branches / Chapters	Sch X		NIL	*Income Outstanding -*			
Notes to Accounts	Sch XVII			Rent			
				Interest (Accrued)	Sch VIII	4,227	
				Other Income (Outstanding)		423,462	427,689
				Cash and Bank Balance			
				(a) Cash			
				(a) In Bank A/c		3,111,961	
				(b) With the trustee	Sch IX	NIL	
				(c) With the manager		NIL	
				(d) Cheques on hand		NIL	3,111,961
Total Rs.			**20,880,816**	**Total Rs.**			**20,880,816**

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

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

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

For Dignity Foundation

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

Date: 5th September, 2026
Place: Mumbai

Dr.Sheilu Sreenivasan Trustee
Mr.Gopal Srinivasan Trustee
Mr. Pranay Vakil Trustee
Raman H. Jokhakar Partner, Mem. No. 103241

DIGNITY FOUNDATION * MUMBAI - 400 027 * 61381100

B. D. JOKHAKAR & CO. * MUMBAI * CHARTERED ACCOUNTANTS

SCHEDULE IX

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY FOUNDATION**
Income and Expenditure for the year ending : **31st MARCH, 2026**

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					
Insurance		NIL		By Interest-			
Depreciation (by way of provision or adjustments).		NIL	NIL	on securities		-	
				on loans		-	
				on Bank Account: Savings Bank	Sch XI	87,753	
				Fixed Deposit		276,137	
To Establishment expenses	Sch XV		9,371,237	Capital Gain - Mutual Fund Units		201,778	565,668
To Remuneration to trustees			NIL				
				By Dividend			NIL
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any.			NIL	By Donations in cash or kind	Sch XII		48,361,789
				By Grants			NIL
To Legal & Professional expenses			312,430	By Income from other sources			
To Audit fees			593,540	Income from Events & Activities	Sch XIII	16,181,179	
				Miscellaneous Income	Sch XIV	47,416	16,228,595
To Depreciation	Sch V		1,372,002				
To Amount Written Off				By Transfer from Reserve			NIL
(a) Bad Debts			NIL				
(b) Loan Scholarship			NIL	By Deficit			
(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		2,341,037					
(c) Medical Relief	Sch XVI	45,530,037					
(d) Relief of poverty		2,886,499					
(e) Other Charitable Objects		1,494,107	52,251,680				
To Surplus (carried over to Balance Sheet)			1,255,163				
Total Rs.			**65,156,052**	**Total Rs.**			**65,156,052**

For Dignity Foundation

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

Date: 5th September, 2026
Place: Mumbai

Dr.Sheilu Sreenivasan
Trustee

Mr.Gopal Srinivasan
Trustee

Mr. Pranay Vakil
Trustee

Raman H. Jokhakar
Partner, Mem. No. 103241

DIGNITY FOUNDATION * MUMBAI - 400 027 * 61381100

B. D. JOKHAKAR & CO. * MUMBAI * CHARTERED ACCOUNTANTS

DIGNITY FOUNDATION

SCHEDULE XVII

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2026

A. OVERVIEW OF THE TRUST

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

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

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

B. SIGNIFICANT ACCOUNTING POLICIES

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

2. **Income and Expenditure**
   To match the income from Interest with Form 26AS, it is accounted on an accrual basis, as applicable. Interest amounting to Rs. 4,227/- is booked as accrued interest.

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

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

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

C. NOTES TO ACCOUNT

1. As clarified by The Institute of Chartered Accountants of India, New Delhi, accounting standards do not apply to the trust as no part of the activity of such entity is commercial,

DIGNITY FOUNDATION * MUMBAI - 400 027 * 61381100

B. D. JOKHAKAR & CO. * CHARTERED * MUMBAI

industrial or business in nature. However, for better presentation, the trust has been disclosing significant accounting policies.

2. The Trust is registered u/s 12AB vide Unique Registration Number AAATD1358A25MB01 dated 30.03.2026 of the Income Tax Act, 1961, and is therefore entitled to claim exemption from tax u/s 11 of the Act.

3. The Trust has received donations from several other trusts/entities with specific directions for use, and therefore, such donations are reported in the Balance Sheet as Earmarked Funds / Capital receipts until they are utilized. Upon utilization, a proportionate amount is transferred to Income & Expenditure as Donations.

4. Donations received in kind are stated at nominal value.

5. Donations received with specific direction or for specific use form part of earmarked funds. They are classified as such and credited directly to earmarked funds in the balance sheet.

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

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

8. The trust Chai Masti Membership for which it collects advance Membership fees ranging from 1 year to 5 years from the members. Only fees pertaining to the current year are recognized as income, and the balance amount is reported as a liability.

9. The trust publishes a Magazine for which it collects advance subscription fees ranging from 1 year to 5 years from the subscribers. Only fees pertaining to the current year are recognized as income, and the balance amount is reported as a liability.

10. Balances of Sundry Debtors and Creditors are subject to confirmation, reconciliation, and adjustments, if any.

11. Audit fees include the fees statutory audit as well as internal audit services rendered during the financial year.

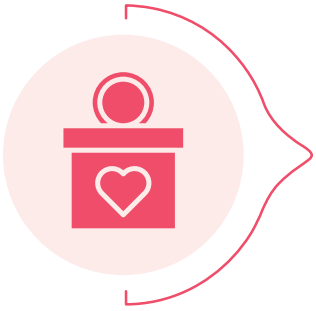
12. Amount of Rs. 38.10 Lakhs is shown as Duties & Taxes payable under the head provisions towards Contribution payable to Charity Commissioner for Public Trust Administration Fund. Considering the judgment of the Hon. Bombay High Court in the case of Bhagyavardhak Jain Shwetambar Murtipujak Trust vs. Charity Commissioner, Maharashtra (CA no. 1 of 2009 and PIL no. 40, 1780, and 1860 of 2007, Order date 25.09.2009) wherein the Hon. Court has stayed the recovery of the Contributions from the Public Charitable Trust until further judgment, the trust has not deposited the contribution with the Charity Commissioner's Office. However, since the liability was recognized in previous years prior to the delivery of judgment, the same is continued to be shown as liability until further court orders.

DIGNITY FOUNDATION 61381100 MUMBAI - 400 027

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

WAYS TO DONATE

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

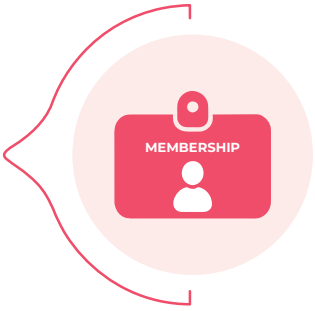


BECOME A DONOR

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

BECOME A MEMBER

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





BECOME A VOLUNTEER

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

BECOME AN AMBASSADOR FOR DEMENTIA

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





CELEBRATE SPECIAL OCCASIONS WITH ANAND DAAN

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

DIGNITY *lifestyle*

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



ANNUAL REPORT
2025-26

BOARD OF TRUSTEES



DR. SHEILU SREENIVASAN



GOPAL SRINIVASAN



PRANAY VAKIL



MAHAKHURSHID BYRAMJEE



ARUNA SHAH



VAIJAYANTI GUPTE



MANISHA PARTHASARATHY



For 30 years it has been my sheer pleasure in recording my Message as Founder President and Managing Trustee. I have taken voluntary retirement w.e.f January 2026. From this Annual Report onwards I take a bow wishing my Successors great fulfilment in managing Dignity Foundation and Dignity Lifestyle Trust.

DR. SHEILU SREENIVASAN
Founder President

TRUSTEE'S MESSAGE

The heart of any retirement community-living facility, besides all the amenities it provides its residents, is the vibrant social scene with activities planned to suit different tastes along with the company of likeminded people on the one hand and the peace of mind and security one yearns for in one's twilight years on the other. A lifestyle which is yours to choose from – to wake up each morning without the worry of running a household, to relax in the comfort of a warm home, have hot meals served, enjoy walks or just sit and read or busy oneself with a hobby. And all the while you know that there is help at hand should any medical emergency arise.

This is the hassle-free environment of Dignity Lifestyle Retirement I have personally experienced as a resident, initially living with my nonagenarian mother over the past five years. I have seen it grow each year, and now understand how it has earned the reputation of being one of its kind in Asia! This is no small feat. I take pride in acknowledging the way the whole system runs on well-oiled wheels. It reflects the strength of its foundation and the conviction of its founding members.

The energy and time given to every small detail is what has helped improve and sustain it year after year, keeping to the high standards of its founders. The comfort provided to each resident, whether it be in the independent living units, assisted living or Garima Ghar is of the highest standard. The detailed report shows how the team has carefully curated festival and season-specific activities, have kept an eye for detail, provided various entertaining and leisure activities to choose from, and celebrate festivals and birthdays with equal aplomb and enthusiasm throughout the year.



Vaijayanti Gupte

I would be failing in my duty as a Trustee if I did not acknowledge the relentless efforts of all who help run it comprising the team of well-trained and dedicated staff, whether it is in administration, accounting, catering, housekeeping, medical, security or the gardeners tending to the plush lawns, the fruit and flowering trees and the foliage which is such a soothing sight and a highlight of the complex. All this contributes to making Dignity Lifestyle the beautiful home it is for so many of us today. I consider myself fortunate to be amongst such a community, and look forward to see it grow with our combined efforts.

ACTIVITIES OF THE YEAR

A Home of Care, Community and Joy

Dignity Lifestyle Trust (DLT) continued to provide a vibrant, secure, and nurturing environment where older adults experienced not only quality care but also a true sense of belonging. Guided by the values of dignity, compassion, and active ageing, DLT remained committed to creating a community where every resident could lead a fulfilling life enriched by meaningful relationships, engaging activities, and holistic support. During the year, **21 new residents** joined the DLT family, further strengthening the warmth and diversity of the community.

The year was marked by a rich calendar of recreational, wellness, and social engagement programmes designed to promote physical health, emotional well-being, and social connectedness. Residents enthusiastically participated in weekly music sessions, movie screenings, yoga classes, birthday celebrations, Housie games, and regular shopping outings. These activities fostered companionship, encouraged active participation, and ensured that every resident remained socially and mentally engaged in everyday life.





Cultural and festive celebrations continued to be an integral part of life at DLT, bringing together residents, families, staff, and volunteers in a spirit of joy and togetherness. Festivals including Aashadhi Ekadashi, Ganesh Chaturthi, Diwali, Christmas, Makar Sankranti, Holi, Republic Day, and several other traditional celebrations were observed with devotional programmes, music, games, cultural performances, and community gatherings. These occasions not only celebrated India's rich cultural heritage but also strengthened social bonds and created lasting memories for the residents.

To further enrich residents' lives, DLT organised a variety of special outings and recreational experiences throughout the year. Visits to Khyaal, a memorable picnic to Monteria Village, and musical evenings presented by volunteers from the Times of India well as renowned artists Beena Desai and Seema Mahadevia brought immense joy and cultural enrichment to the community. These experiences encouraged residents to remain connected with the wider community while enjoying meaningful opportunities for recreation and leisure.

Recognising that healthy ageing requires comprehensive support, DLT also facilitated several essential health and service initiatives for its residents. Aadhaar update camps, influenza vaccination drives, and pension life certificate camps enabled residents to conveniently access important healthcare and administrative services within the campus, reinforcing DLT's commitment to holistic and person-centred care.

The true impact of DLT's work is best reflected in the heartfelt appreciation expressed by residents and their families. During the year, the family of





a resident shared a deeply moving testimonial acknowledging the exceptional care, compassion, and unwavering support provided by the multidisciplinary team during their loved one's final months. Their words highlighted not only the professionalism of the medical, caregiving, and administrative staff but also the empathy, dignity, and warmth that transformed DLT into a place they proudly described as 'home'. Such expressions of gratitude continue to inspire the organisation and reaffirm its unwavering commitment to delivering compassionate, person-centred care.





DLT at a Glance: 2025–26

- 21 new residents welcomed into the DLT family.
- Regular wellness and engagement activities including music, yoga, movie screenings, Housie, birthday celebrations, and community outings.
- Year-round celebration of cultural, national, and religious festivals promoting inclusion and togetherness.
- Recreational outings and musical programmes that enriched residents' social and emotional well-being.
- Essential health and service camps including Aadhaar updates, influenza vaccination, and pension life certificate assistance.
- Heartfelt appreciation from residents' families reflecting the quality of care and compassionate support provided by the DLT team.

As Dignity Lifestyle Trust looks to the future, it remains steadfast in its commitment to fostering a community where every older adult can age with dignity, independence, companionship, and purpose. Every celebration, every shared experience, and every act of care continues to strengthen the spirit of belonging that defines DLT, ensuring that it remains not merely a residence, but a place that residents proudly call home.

GARIMA GHAR

A Home of Care, Dignity and Belonging

Garima Ghar, an initiative of **Dignity Lifestyle Trust,** provides a safe and nurturing residential environment for older persons from underprivileged backgrounds who require long-term care and support. More than a shelter, it is a home where residents experience compassion, companionship and security, enabling them to age with dignity and respect.

During the year, **Garima Ghar was home to 21 residents, comprising 11 men and 10 women,** who received comprehensive residential care, nutritious meals, healthcare support and opportunities for recreation, social engagement and cultural participation. The home continued to foster a family-like environment where every resident was valued, respected and encouraged to lead a meaningful and fulfilling life.

Programme at a Glance

Indicator	Achievement
Total Residents	21
Male Residents	11
Female Residents	10
New Admissions During the Year	11

Holistic Residential Care and Well-being

Garima Ghar adopts a holistic approach to residential elder care by integrating healthcare, nutrition, recreation, emotional support and social engagement. Residents receive compassionate care in a safe and inclusive environment that promotes physical well-being, emotional resilience and a sense of belonging. Regular yoga sessions, music therapy, indoor games and recreational activities encouraged residents to remain physically active, mentally stimulated and socially connected. Monthly birthday celebrations, community





gatherings and interactive programmes created opportunities for companionship and joyful engagement, helping to reduce loneliness while enhancing emotional well-being.

Creative Engagement and Active Ageing

Creative activities remained an integral part of daily life at Garima Ghar. Residents participated in art and craft sessions including **mandala art, diya painting and kite-making,** which encouraged creativity, improved fine motor skills and provided opportunities for self-expression. These activities promoted cognitive stimulation while enabling residents to actively participate in festive preparations and experience a renewed sense of

achievement and purpose.

Cultural and Community Life

Celebrating festivals together continued to strengthen the vibrant community life at Garima Ghar. National festivals, religious observances and cultural celebrations—including **Independence Day, Raksha Bandhan, Dussehra, Diwali, Christmas, Holi and Gudi Padwa**—provided residents with opportunities to reconnect with traditions, share memories and celebrate together in a family-like environment. Garima Ghar also marked special occasions such as **Foundation Day, World Environment Day and Friendship Day,** while musical performances and volunteer interactions brought joy, companionship and meaningful engagement to residents throughout the year.

Healthcare and Resident Services

The health and well-being of residents remained a priority throughout the year. Preventive healthcare initiatives included **influenza vaccination for 17 residents,** while regular outings, including monthly D-Mart visits, encouraged independence, social participation and recreational engagement. Together, these services contributed to improving the quality of life of residents while promoting healthy and dignified ageing.

Programme Impact

Garima Ghar continues to provide far more than residential care—it offers older persons a place they can truly call home. Through compassionate caregiving, meaningful engagement and holistic support, the home has created an environment whereresidentsexperiencesecurity,companionship and renewed purpose. The programme has helped reduce social isolation, strengthen emotional well-being and promote active ageing, enabling residents to live with dignity, confidence and a strong sense of belonging.











THE ASSISTED LIVING CENTRE AT DIGNITY LIFESTYLE TRUST

REPORTING PERIOD: 2025–2026

Overview

The Assisted Living Centre at Dignity Lifestyle Trust provides specialised residential care for older adults living with dementia, Alzheimer's disease and Parkinson's disease. The centre accommodates 35 residents and aims to promote their well-being through medical supervision, personal care, psychological support and meaningful engagement. Psychological services are available to both residents of the Assisted Living Centre and independent residents of Dignity Lifestyle Trust.

The programme addresses emotional well-being, cognitive stimulation, behavioural concerns, and adjustment to ageing, stress, anxiety, grief and bereavement. It also encompasses family counselling, caregiver education, interviews with prospective attendants and coordination with the care team. During 2025–2026, the emphasis was on providing appropriate psychological support, encouraging social participation and fostering an environment in which senior citizens feel respected, included and emotionally supported.



Psychological Care and Therapeutic Activities

Structured therapeutic activities continued to be an important component of the daily routine at the Assisted Living Centre. Sessions were adapted to residents' cognitive abilities, interests, attention spans and functional capacities.
The key activities included:

- **Cognitive Stimulation:** Memory exercises, recognition tasks, attention-based activities and other exercises suited to individual abilities.
- **Music-Based Activities:** Familiar songs and melodies to encourage participation, reminiscence and emotional expression.
- **Movie Screenings:** Recreational sessions featuring familiar films and selected audio-visual content to promote enjoyment and shared experiences.
- **Movement Sessions:** Weekly gentle movement activities adapted to residents' physical abilities and comfort levels.
- **Individual Psychological Support:** Regular interactions and observations to identify emotional needs, adjustment difficulties and behavioural changes.

These activities provided structure to daily routines and created opportunities for engagement, social interaction and emotional comfort.

Snoezelen Multi-Sensory Therapy

The Snoezelen room at the Assisted Living

Centre provides a specialised multi-sensory environment for relaxation, sensory exploration and engagement. Developed in the Netherlands during the 1970s by therapists Jan Hulsegge and Ad Verheul, the Snoezelen approach combines sensory stimulation with opportunities for relaxation. Its name derives from the Dutch words snuffelen (to explore) and doezelen (to doze or relax). The facility offers sensory experiences tailored to residents' individual preferences and responses. Its use helps create a calming and engaging environment, particularly for residents who may find conventional activities difficult to participate in. Individual comfort and tolerance remain central to these sessions.

Psychological Support for Independent Residents

Psychological services also catered to the emotional needs of independent residents at Dignity Lifestyle Trust. Although many residents maintain their independence in daily living, ageing and life transitions can bring challenges such as stress, anxiety, loneliness, grief and bereavement. Psychological interactions and counselling provided opportunities for residents to discuss personal concerns, process difficult emotions and explore appropriate coping strategies. Support also addressed adjustment to changing family relationships, reduced independence, retirement and the loss of loved ones. The emphasis remained on promoting emotional resilience, encouraging meaningful social connections and helping residents maintain a positive sense of identity and well-being.

Family Counselling and Emotional Support

Family counselling remained an important component of psychological services at the Assisted Living Centre. Families of people living with dementia may experience guilt, sadness, anxiety and uncertainty when considering or adjusting to residential care. Counselling sessions provided a supportive space for family members to express their concerns, understand dementia-related care needs and work through the emotional challenges associated with long-term care decisions.

Particular attention was given to feelings of guilt arising from the inability to provide continuous care at home. Families were supported in understanding that seeking specialised assistance can be a responsible decision when a loved one requires ongoing supervision and professional support. Immediate concerns were addressed sensitively, and communication with the relevant members of the care team was facilitated whenever follow-up was required. These efforts



helped strengthen family engagement and maintain trust in the care process.

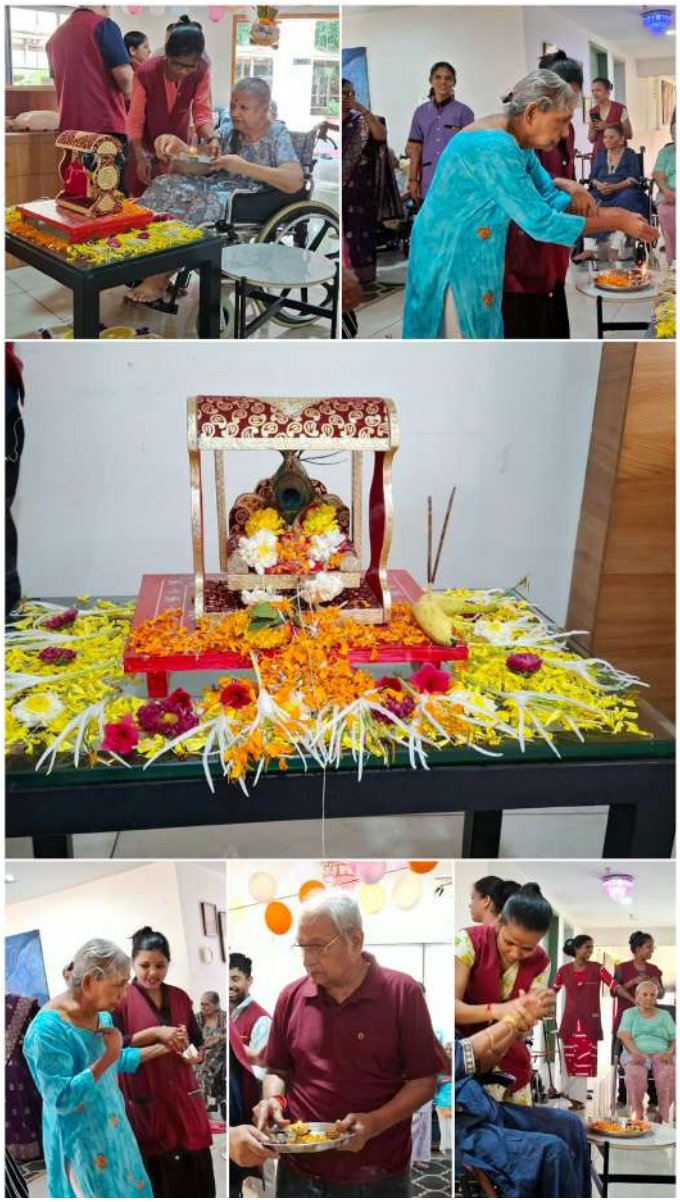
Caregiver Training and Attendant Selection

Caregiver education and guidance formed another key area of psychological services during the reporting period. Training focused on understanding dementia and its effects on memory, communication and behaviour; responding calmly to confusion and repetitive questioning; using clear and reassuring communication; recognising emotional distress; and respecting residents' individuality and dignity. Caregivers were encouraged to adopt patient, non-confrontational approaches and facilitate participation in daily routines according to residents' individual abilities.

Guidance also addressed the emotional demands of caregiving and the importance of maintaining a supportive care environment. The psychological services programme also included interviews with prospective attendants for the Assisted Living Centre and independent residents. The selection process focused on assessing empathy, patience, communication skills, professional conduct and suitability for working with older adults. This contributed to promoting appropriate caregiving standards and reinforcing the importance of respectful and reliable support.

Multidisciplinary Coordination

Psychological services worked alongside medical, nursing and caregiving teams to address residents' overall needs. The Assisted Living Centre provides 24-hour on-site physician coverage, a nursing station and round-the-clock emergency ambulance services. An MD physician visits weekly, while a psychiatrist visits fortnightly. Psychological observations, therapeutic interactions and family concerns were communicated to the relevant members of the care team whenever necessary. This collaborative approach supported continuity of care and helped ensure that emotional and behavioural needs received appropriate attention alongside medical and personal care.



Festivals, Birthday Celebrations and Special Events

Festivals, birthday celebrations and other special occasions formed an important part of the centre's social and recreational environment during the year. These events offered opportunities for residents to participate in familiar traditions, celebrate personal milestones and strengthen their connections with fellow residents and staff.

- **Birthday Celebrations:** Celebrating residents' birthdays provided opportunities to recognise personal milestones and make residents feel

valued and remembered. These occasions encouraged social interaction, emotional expression and a sense of belonging within the community. Personal celebrations can be particularly meaningful for older adults, helping reinforce their individual identities and connections with others.

- **Festivals and Cultural Celebrations:** Festival-related activities offered opportunities to reconnect with familiar customs, music and traditions. Participation encouraged shared experiences, reminiscence and interaction among the residents.

- **Group Activities and Special Occasions:** Recreational gatherings and shared celebrations promoted inclusion and community participation among residents of the Assisted Living Centre and independent residents of Dignity Lifestyle Trust.

Activities were adapted to individual interests, comfort levels and abilities, ensuring that residents could participate without unnecessary pressure or overstimulation. From a psychological perspective, these occasions provided meaningful opportunities to encourage positive engagement, reduce social isolation and strengthen emotional connections within the residential community.

Overall Summary and Future Focus

During 2025–2026, psychological services at Dignity Lifestyle Trust encompassed therapeutic engagement, cognitive stimulation, multi-sensory activities, emotional support for independent residents, family counselling, caregiver training and community participation. The programme recognised that the psychological well-being of older adults is influenced not only by their health and functional abilities but also by their relationships, personal experiences, sense of independence and opportunities for meaningful engagement.

Family support remained essential in helping relatives navigate the challenges of dementia care, while caregiver education contributed to a greater understanding of residents' emotional and behavioural needs. Therapeutic activities and community celebrations provided additional opportunities for participation, familiarity and social connection.

In the coming year, the focus will remain on strengthening person-centred psychological care, expanding meaningful engagement, supporting families and caregivers, and addressing the emotional needs of independent residents alongside those requiring specialised residential care. The overarching aim is to promote dignity, emotional well-being and quality of life for every older adult at Dignity Lifestyle Trust.

Saniya Gupta
Psychologist
Dignity Lifestyle Trust

OUR SUPPORTERS

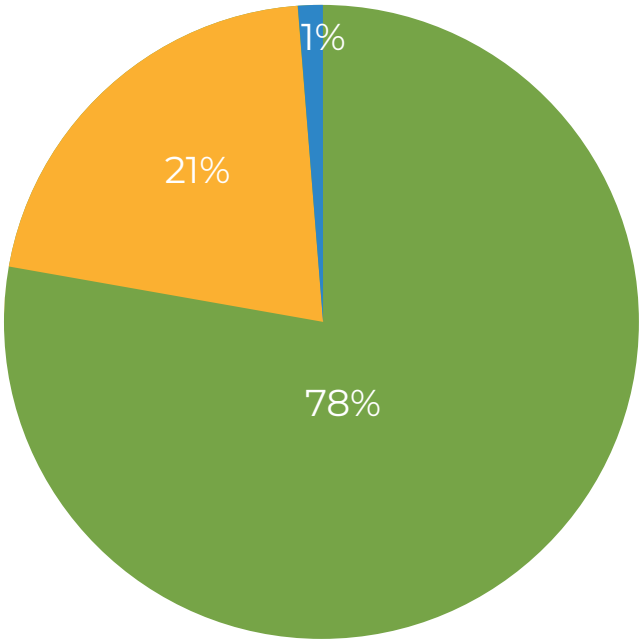
DIGNTIY LIFESTYLE TRUST

Name	Amount (INR)
Urmila Manaktala	900,000
Anurag Ghodekar	500,000
Sugundha Rajagopalan	518,100
T P Mani	500,000
Rooshad Patel	500,000
Tumbe Shiva Rao	500,000
Saroj Apte	700,000
Sunanda Herekar	700,000
Urvi Udeshi	700,000
Gopal Srinivasan	10,000
Vinita Amar Shridharani	10,000
The Lotus Trust	100,000
Rajan Dwarkadas Bajaj	700,000
Rhoda Aspi Doctor	30,000
Krupa Naresh Thacker	100,000
Panna Kamdar	400,000
Cuckoo Paul	700,000

Name	Amount (INR)
Neena Arangaden	500,000
Pinaki Dhananjay Patel	700,000
Meherangese Desouza	40,000
Bluetang Technologies Pvt. Ltd.	500,000
Shobana Moorthy	500,000
Arti Lele	900,000
Gangu Subbayya	25,500
Menghroo Tejnani	20,000
Jain Medical & General Store	20,000
Manjuesh Surendra Kapoor	500,000
Yogesh Bansal	20,000
Govik Industries Pvt. Ltd.	4,000,000
Mr. Ram Kumar Moorthy	167
Mrs. Aruna Gokhale	1,400,000
Ms.Sunita Mahtani	500,000
Kishor Kumar Saluja	2,100
TOTAL DONATION	**17,195,867**

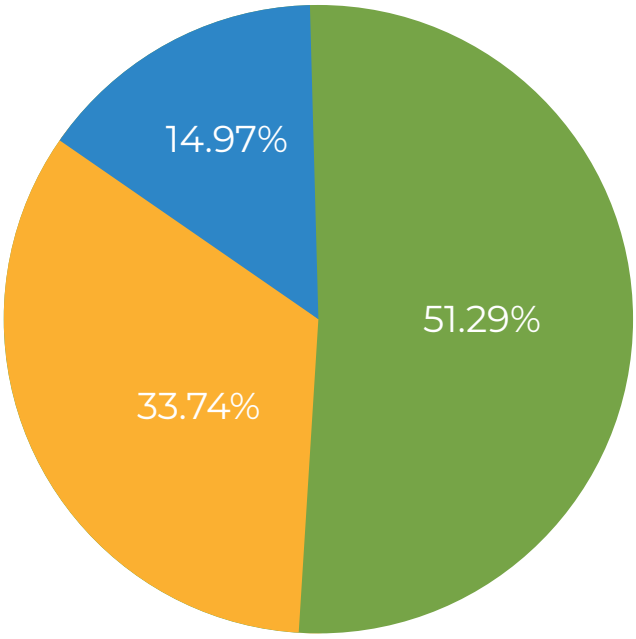
FINANCIAL PERFORMANCE
AT A GLANCE

Income



- Contributions From Residents
- Donations
- Income From Other Sources

Expenditure



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

Income	Amount (In ₹.)	%
Contributions from Residents	62,461,185	77.65%
Donations	17,095,867	21.25%
Income From Other Sources	884,179	1.10%
Total	**80,441,231**	**100%**

Expenditure	Amount (In ₹.)	%
Medical Relief	54,303,777	51.29%
Expenditure in Respect of Properties	35,728,127	33.74%
Establishment Expenses	15,848,955	14.97%
Total	**105,880,859**	**100%**

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

Opinion

We have audited the financial statements of **Dignity Lifestyle Trust**, which comprise the Balance Sheet as at 31st March, 2026 and the Statement of Income and Expenditure for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, and to the best of my information and according to the explanations given to us, the accompanying financial statements give a true and fair view of the financial position of the entity as at 31st March 2026 and of its financial performance for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

Basis for Opinion

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

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

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



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Mumbai – 400 001, INDIA
Tel.: + 91 -22 - 22654882 / 22651731/ 22657093
Website: www.bdjokhakar.com
Mumbai | Pune

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

Auditor's Responsibilities for the Audit of the Financial Statements

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

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

1. We report that

i. In my opinion and to the best of my information and according to the explanations given to us, the said accounts give the information required by the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950), in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:

   a. in the case of the Balance Sheet, of the state of affairs of the **Dignity Lifestyle Trust** as at March 31, 2026; and

   b. In the case of the Income and Expenditure Account, of the excess of expenditure over income for the year ended on that date.

ii. Based on the information and explanations provided to us, and as per the books and records produced before us and to the best of our knowledge and belief, we further report that as required by the provisions relating to the accounts audited under Sub Section 2 of Section 33 and 34 and Rule 19 of the Maharashtra Public Trust Act (erstwhile known as The Bombay Public Trusts Act, 1950) :-

   a. The accounts are maintained regularly and in accordance with the provisions of the Act and Rules.

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

b. The Receipts and disbursements are properly and correctly shown in the accounts.

c. The cash balance & vouchers are in the custody of the manager or trustee on the date of audit were in agreement with the accounts.

d. All books, deeds, accounts, vouchers or other documents or records required by us were produced.

e. A register of movable & immovable properties is maintained, the changes therein are communicated from time to time to the regional office and the defects and inaccuracies mentioned in the previous audit report have been duly complied with.

f. All necessary information required by us has been furnished to us by the manager and trustee whenever called upon.

g. No property or funds of the Trust were applied for any object or purpose other than for the object or purpose of the Trust.

h. There are no amounts which are outstanding for more than one year and there are no amounts written off.

i. There were tenders invited for repairs or construction involving expenditure exceeding Rs. 5,000/- as deemed appropriate by the management.

j. The moneys of the Trust have not been invested contrary to the provisions of Section 35.

k. There is no alienation of the immovable property contrary to the provisions of Section 36.

l. There were no special matters which are required to be brought to the notice of the Deputy Charity Commissioner.

m. So far it is ascertainable from the books of accounts and according to the information and explanation given to us, there were no cases of irregular, illegal or improper expenditure or failure or omission to 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.

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

o. The maximum and minimum number of Trustees is maintained.

p. The meetings are held regularly as provided in the rules and regulations.

q. The minute's book of the proceedings of the meeting is maintained

r. None of the members of the Managing Committee has any interest in the investment of the Trust.

s. None of Trustees is a debtor or creditor of the Trust except the Trust has received unsecured interest free loan from the Trustees for the purpose of objects of the Trust

t. No irregularities were pointed out by the Auditors in the accounts of the previous year.

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

Place: Mumbai
Date: 5th September,2026



Raman H. Jokhakar
Partner
Membership No.103241
UDIN: 26103241OPTKCB8938

SCHEDULE VII
[*Vide* rule 17(1)]

Name of the Public Trust : **DIGNITY LIFESTYLE TRUST** — Number of the Trust : **E / 21722 / Mumbai**

Balance Sheet as at **31st MARCH, 2026**

FUNDS AND LIABILITIES		Rs.	Rs.	PROPERTY AND ASSETS		Rs.	Rs.
Trusts Funds or Corpus :-				*Immovable properties :-*	Sch IV		
Balance as per last balance-sheet		1,00,00,500		(Suitably classified giving mode of valuation)	(Part A)	23,72,14,750	
Adjustment during the year (give details)			1,00,00,500	Additions or deductions (including those for depreciation), if any during the year		44,45,000	
				Less : Depreciation for the year		2,41,64,223	21,74,95,527
Other Earmarked funds -						-	
(Created under the provisions of the trust-deed or scheme or out of the income)							
Depreciation Fund			NIL	*Investments -*			
Sinking Fund			NIL	Fixed Deposits with Bank			2,00,00,500
Reserve Fund			-	Mutual Fund			1,51,40,265
Any other Fund	Sch I		50,79,334				
				Furniture and Fixtures -	Sch IV		
Loans (Secured or Unsecured) -				Balance as per last balance-sheet	(Part B)	6,53,14,069	
From trustees (Unsecured, Interest Free)	Sch II		31,71,35,890	Additions during the year		45,00,247	
From others			NIL	Less: Sales during the year / W. off		-	
				Depreciation up to the date		92,34,211	6,05,80,105
Liabilities -							
For Expenses		2,69,808		*Loans (secured or Unsecured)-*			
For Advances	Sch III	-		Loans scholarships			
For Rent and Other Deposits		22,58,72,532		Other loans			NIL
For Sundry Credit Balances		9,57,309	22,70,99,649				
				Advances			
Income and Expenditure Account -				To Trustees		NIL	
Balance as per last Balance Sheet		(18,67,17,599)		To Employees		12,52,000	
Less : Appropriation, if any		-		To Contractors	Sch V	NIL	
Add : Surplus as per Income &				To Lawyers		NIL	
Less : Deficit Expenditure A/c		(2,54,39,828)	(21,21,57,227)	To Others		82,44,287	94,96,287
				Income Outstanding -			
				Interest (accrued)			
				Rent			NIL
Notes to Accounts	Sch XII			Interest (Accrued)		14,344	NIL
				Other Income (Receivable from Residents)	Sch VI	1,16,46,553	1,16,60,897
				Cash and Bank Balance			
				(a) In Savings, Current A/c		1,25,84,565	
				(b) With the trustee	Sch VII	NIL	
				(c) With the manager		NIL	1,25,84,565
Total Rs.			34,71,58,146	Total Rs.			34,71,58,146

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

Accounting Policies and Notes form an integral part of the Financial Statements

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

DIGNITY LIFESTYLE TRUST MUMBAI

For Dignity Lifestyle Trust

Date: 5th September, 2026
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakil
Trustee

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

Raman H. Jokhakar
Partner, Mem. No. 103241

05 SEP 2026

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

SCHEDULE IX

[Vide rule 17(1)]

Name of the Public Trust : **DIGNITY LIFESTYLE TRUST**
Income and Expenditure for the year ending : **31st MARCH, 2026**

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

EXPENDITURE		Rs.	Rs.	INCOME		Rs.	Rs.
To Expenditure in respect of properties -	Sch IX			By Rent- (accrued)			
Rates, taxes, cesses		8,43,203		(realized)			
Repairs and maintenance		1,07,20,701					
Insurance		-		By Interest-			
Depreciation (by way of provision or adjustments).	Sch IV	2,41,64,223	3,57,28,127	on securities			
				on loans			
				on Bank Interest (accrued)		7,582	
				On Bank Interest (realized)		8,76,597	8,84,179
To Establishment expenses	Sch X		56,99,122				
To Remuneration to trustees			-	By Dividend			-
				By Donations in cash or kind	Sch VII-A		1,70,95,867
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any.			-	By Grants			
				By Income from other sources			
				Income from Residents at Neral	Sch VIII	5,81,21,384	
To Legal & Professional expenses			-	Miscellaneous Income		43,39,801	6,24,61,185
To Audit fees			9,02,700				
To Depreciation			92,34,211	By Transfer from Reserve			-
To Amount Written Off				By Deficit			2,54,39,628
(a) Bad Debts			-	(carried over to Balance Sheet)			
(b) Loan Scholarship			-				
(c) Irrecoverable Rents			-				
(d) Other Items			12,922				
To Amount transferred to Reserve or Specific Funds			NIL				
To Expenditure on Objects of the Trust							
(a) Religious		NIL					
(b) Educational		NIL					
(c) Medical Relief	Sch XI	5,43,03,777					
(d) Relief of poverty		NIL					
(e) Other Charitable Objects		NIL	5,43,03,777				
Total Rs.			**10,58,80,859**	**Total Rs.**			**10,58,80,859**

Accounting Policies and Notes forming an Integral part of the Financial Statements

DIGNITY LIFESTYLE TRUST MUMBAI

For Dignity Lifestyle Trust

Date: 5th September, 2026
Place: Mumbai

Dr. Sheilu Sreenivasan
Trustee

Mr. Gopal Srinivasan
Trustee

Mr. Pranay Vakil
Trustee

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

Raman H. Jokhakar
Partner, Mem. No. 103241

05 SEP 2026

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

DIGNITY LIFESTYLE TRUST

SCHEDULES FORMING PART OF THE ACCOUNTS AS ON 31ST MARCH, 2026

Schedule I - Earmarked Fund

Particulars	Opening Balance	Additons	Utilisation/ Appropriation against opening I/E A/c	Directly debited to Fund A/c	Closing Balance
	Rs.	Rs.	Rs.	Rs.	Rs.
Donation For ALC	5,716	-		-	5,716
Donation for Garima Ghar	61,03,966	1,00,000		18,89,176	43,14,790
Donation for Staff Welfare	13,501	-	-	-	13,501
Donation for Lunch for SR. Citizens	1,00,000	-		-	1,00,000
Donation for Para Medical Staff	43,267	-	-	-	43,267
Staff Welfare Donation by Mr.Khona	5,78,845			6,785	5,72,060
Donation for Plantation	30,000	-			30,000
Total	68,75,295	1,00,000	-	18,95,961	50,79,334

Schedule II - Loan from Trustees (Unsecured and Interest Free)

Dr. Sheilu Sreenivasan	30,71,35,890	
Mr. Gopal Srinivasan	1,00,00,000	31,71,35,890

Schedule III - Liabilities

For Expenses		
Duties and Taxes Payable	2,69,808	
Salaries payable	-	
Other Expenses Payable	-	2,69,808
For Rent & Other Deposits		
Phase I Residents	4,86,87,900	
Phase II Residents	9,81,43,232	
Assisted Living Centre Residents	4,76,49,612	
Garima Ghar Deposits from Residents	6,60,000	
Deposits from Residents Expired , or Cancelled or Booked but not occupied	1,74,65,464	
Phase III Premium Deposits	34,00,000	
Phase III Deposits	1,18,66,324	
Total Deposits from Residents		22,58,72,532
For Sundry Credit Balances		
Payable to Creditors for Expenses	9,57,309	
Retention Deposits of Contractors	-	9,57,309

Schedule V - Advances

To Employees			
Loan to Staff	12,52,000	12,52,000	
TDS Receivable			
TDS F. Y. 2019-20	2,212		
TDS F .Y .2022-23	42,798		
TDS F. Y. 2023-24	72,205		
TDS F.Y. 2024-25	12,731		
TDS F.Y. 2025-26	80,915		
TDS on Cash Withdrawal (194N)	164		
		2,11,025	
To Others			
Dignity Foundation	4,81,857		
Security Deposit paid to Byramjee Foundation (against lease of land)	25,00,000		
Advance against Electricity Expenses	47,594		
Advance for solar installation	40,63,994		
Deposits for utilities	9,39,817	80,33,262	94,96,287

DIGNITY LIFESTYLE TRUST MUMBAI

B.D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

DIGNITY LIFESTYLE TRUST
SCHEDULES FORMING PART OF THE ACCOUNTS AS ON 31ST MARCH 2026

	Rs.	Rs.	Rs.
Schedule VI - Income Outstanding			
Sundry Debtors (Resident Billing)		1,18,46,553	1,18,46,553
Interest accrued but not due			
IDBI FDs / BOI		6,812	
Interest Accrued but not due SB		7,532	14,344
			1,18,60,897
Schedule VII - Cash and Bank Balances			
With Banks			
Axis Bank 920010033108179	21,18,349		
Bank of India A/c No. 120520110000077	19,67,776		
SBI 40149138374 FCRA A/C	5,13,387		
Kotak 6511960444	35,291		
IDBI 0899104000008495	77,89,160		
IDBI 0899104000046376	1,23,111		
IDBI Bank A/c No. 902102000000310	37,491	1,25,84,565	
With the Manager			
Cash at Neral		-	
Cash for Garima Ghar		-	1,25,84,565
Schedule VII -A- Donations in Cash or Kind			
Donations (General)		7,45,867	
Donation received from Individuals		1,23,50,000	
Donation for Solar		40,00,000	1,70,95,867
Schedule VIII - Recoveries from Residents at Neral			
Maintenance Charges		1,98,84,597	
Maintenance Plus Food		1,91,04,727	
Other Recoveries		1,70,95,537	5,60,84,861
Recoveries from Garima Ghar Residents			
Maintenance Charges		19,51,809	
Other Recoveries		84,714	20,36,523
Miscellaneous Income			
Interest on Bank FDs		7,11,245	
Savings Bank Interest		1,72,934	
Interest received on MSEDCL Deposit		52,882	
Misc. Receipt		11,504	
Amount Written Back		6,34,212	
Sale of Scrap		50,210	
Profit on sale of Mutual Fund Units		35,90,993	
Profit on sale of Asset		-	52,23,980
Schedule IX - Expenditure in respect of Properties			
Repairs & Maintenance		1,07,20,701	
Insurance Expenses		1,83,020	
Rates, taxes, cesses		8,43,203	1,17,46,924
Schedule X - Establishment Expenses			
ALC- Conveyance Exp		1,430	
ALC - Office Expenses		45,712	
Advertisement (Hoarding)		1,29,600	
Bank Charges		2,513	
Conveyance Exp.		50,121	
Ground Rent		2	
Interest on Delayed Payment of TDS		2,117	
Internet Expenses		1,52,400	
Legal & Prof. Exp		1,69,960	
Mediclaim Policy		1,08,125	
Office Expenses		1,89,601	
Office Expenses- GG		25,240	
Parking Charges		390	
Postage & Courier Exp		3,374	
PRINTING & STATIONERY		57,306	
RATES & TAXES		82,294	
Software Expenses		15,585	
Stationary Xerox		396	
Telephone Expenses		3,836	
Toll & Parking Charges		942	
Transportation Expenses		38,550	
Website Exp.		1,24,026	
Appeal Fees		22,000	
Labour charges -Contract		12,000	
Professional Fees		44,61,400	
			56,99,122
Amount written off		12,922	12,922
Audit fees		9,02,700	9,02,700
Total Indirect Expenses		Total	66,14,744

DIGNITY LIFESTYLE TRUST MUMBAI

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

DIGNITY LIFESTYLE TRUST

SCHEDULES FORMING PART OF THE ACCOUNTS AS ON 31ST MARCH 2026

Schedule XI - Expenditure on Objects of the Trust	Rs.	Rs.	Rs.
Salaries and Wages		64,73,535	
Advance For CNG		1,17,205	
Attendant Charges		4,69,909	
Car Hire Charges		2,500	
Catering Raw Material		65,80,043	
Catering Services		1,05,75,047	
CNG EXP.		26,018	
Dementia Nursing Charges		46,00,712	
Dementia Nursing Charges Reliever		3,26,230	
Diapers Expenses		12,25,357	
Donation Given		30,30,000	
Electricity Expenses		48,92,680	
Entertainment Expenses		2,36,749	
Extra Work (House Keeping)		11,42,665	
FASTag for Tempo Traveller		1,020	
FASTag for Vehicle- New ECCO		1,510	
Fuel Expenses		1,30,625	
Fuel for DG		15,67,162	
Fuel for Vehicles		2,60,210	
Garbage (Zero waste project)		8,970	
House Keeping Expenses		21,27,064	
Housekeeping Material		10,15,774	
Housekeeping Service (Reliever)		7,36,138	
Housekeeping Services		44,64,838	
Insurance for Vehicle		74,895	
Labour Wages		1,18,448	
Medical and General Exp		2,31,022	
Newspaper& Magazine Charges		20,407	
Pooja / Temple Expenses		39,615	
Repair & Maintenance - Internet		12,950	
Repairs & Main -Maini Buggy		91,377	
Repairs & Maintenance- Vehicle		1,10,642	
Repairs & Maint- Computers		37,998	
Security Charges		21,12,979	
Seminar Expenses		2,360	
STP Plant Operating Charges		2,71,436	
Tata Play Recharge		1,73,348	
Telephone Allowances to Staff		1,050	
Visiting Doctors Charges		8,15,000	
Water Charges		1,44,000	
Yoga Classes Exp		34,291	
Yoga Expenses- GG			5,43,03,777

DIGNITY LIFESTYLE TRUST MUMBAI

B. D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

DIGNITY LIFESTYLE TRUST

SCHEDULES REFERRED TO IN INCOME AND EXPENDITURE ACCOUNT AND THE BALANCE SHEET AS AT 31ST MARCH, 2026

Schedule IV - Fixed Assets & Other Movable Assets — Year Ended : 31st March, 2026

	Asset	Rate of Depreciation	GROSS VALUE				Deletion	Depreciation for 2025-26	Net Value As on 31.03.2026
			As on 01.04.2025	Addition		As on 31.03.2026			
				On or Before 04.10.2025	After 04.10.2025				
Part A- Immovable Assets									
	Block -I (10%)								
1	Landscaping	10%	2,01,980			2,01,980		20,198	1,81,782
2	Phase I Buildings	10%	1,08,15,124			1,08,15,124		10,81,512	97,33,612
3	Temple	10%	27,552			27,552		2,755	24,797
4	Phase II Construction	10%	10,52,35,501			10,52,35,501		1,05,23,550	9,47,11,951
5	Pond	10%	45,05,374	-		45,05,374		4,50,537	40,54,837
6	ALC Building Cost (Tender Work)	10%	9,82,65,243			9,82,65,243		98,26,524	8,84,38,719
7	ALC Building Cost (Non Tender Work)	10%	1,18,00,192			1,18,00,192		11,80,019	1,06,20,173
8	ALC Interior Designer Consultancy Fees	10%	7,95,193			7,95,193		79,519	7,15,674
9	ALC Project Management Consultancy Fees	10%	34,91,633			34,91,633		3,49,163	31,42,470
10	ALC Gardening & Landscaping	10%	17,93,457		-	17,93,457		1,79,346	16,14,111
11	Garima Ghar Renovated	10%	1			1		-	1
12	Composting Pit	10%	2,83,500	-	35,000	3,18,500		30,100	2,88,400
13	Compound Wall	10%		44,10,000		44,10,000		4,41,000	39,69,000
	Total		**23,72,14,750**	**44,10,000**	**35,000**	**24,16,59,750**	-	**2,41,64,223**	**21,74,95,527**
Part B- Movable Assets									
	Block -I (10%)								
14	Cottage Interior Items	10%	5,87,293			5,87,293		58,729	5,28,564
15	Phase I Furniture & Fixtures	10%	14,62,789			14,62,789		1,46,279	13,16,510
16	Phase II Furniture & Fixtures	10%	96,01,698	3,30,400	5,32,813	1,04,64,911		10,19,850	94,45,061
17	Garima Ghar Furniture & Fixture	10%	6,04,449			6,04,449		60,445	5,44,004
18	ALC Furniture & Fixtures	10%	1,28,59,266			1,28,59,266		12,85,927	1,15,73,339
19	ALC Paintings & Decoratives	10%	6,57,327			6,57,327		65,733	5,91,594
20	Musical Instruments	10%	89,100			89,100		8,910	80,190
	Total		**2,58,61,922**	**3,30,400**	**5,32,813**	**2,67,25,135**	-	**26,45,873**	**2,40,79,262**
	Block-II (15%)								
21	Auto Rickshaw (Neral) A/c	15%	10,194			10,194	-	1,529	8,665
22	Motor Vehicle	15%	22,70,494			22,70,494		3,40,574	19,29,920
23	Chevoroat Beat Car	15%	52,329			52,329		7,849	44,480
24	Maini Car	15%	12,25,145			12,25,145		1,83,772	10,41,373
25	Wheel Chairs	15%	11,283	10,000	50,000	71,283		6,942	64,341
26	Force Traveller - 17 Seater (#)		-			-		-	-
	Total		**35,69,445**	**10,000**	**50,000**	**36,29,445**	-	**5,40,666**	**30,88,779**

DIGNITY LIFESTYLE TRUST MUMBAI

D. JOKHAKAR & CO. MUMBAI CHARTERED ACCOUNTANTS

DIGNITY LIFESTYLE TRUST

SCHEDULES REFERRED TO IN INCOME AND EXPENDITURE ACCOUNT AND THE BALANCE SHEET AS AT 31ST MARCH, 2026

Schedule IV - Fixed Assets & Other Movable Assets — Year Ended : 31st March, 2026

	Asset	Rate of Depreciation	GROSS VALUE				Deletion	Depreciation for 2025-26	Net Value As on 31.03.2026
			As on 01.04.2025	Addition		As on 31.03.2026			
				On or Before 04.10.2025	After 04.10.2025				
	Block-III (15%)								
27	Air Conditioner A/c - Asset	15%	4,93,586	3,12,500	67,800	8,73,886		1,25,998	7,47,888
28	Air Cooler	15%	14,361			14,361		2,154	12,207
29	Air Curtains	15%	35,357			35,357		5,304	30,053
30	Alfa Pureflow - I	15%	5,430			5,430		815	4,615
31	Ayurvedic Spa Instrument	15%	6,010			6,010		902	5,108
32	D G Set	15%	7,56,387			7,56,387		1,13,458	6,42,929
33	ECG Machine	15%	5,783			5,783		867	4,916
34	Electrical and Other Equipment	15%	1,85,550	-	2,59,980	4,45,530		47,331	3,98,199
35	Electric Installation	15%	5,305			5,305		796	4,509
36	Emergency Telephone Set - Communicator- Gold	15%	28,919			28,919		4,338	24,581
37	EPBAX - Panasonic System	15%	3,42,749			3,42,749		51,412	2,91,337
38	Fan	15%	69,020			69,020		10,353	58,667
39	Feeder Piller Panel	15%	72,563			72,563		10,884	61,679
40	Fire Extinguisher	15%	20,400			20,400		3,060	17,340
41	Gas Pipe Line	15%	1,811			1,811		272	1,539
42	GRP/SMC Panel Tank	15%	9,88,619			9,88,619		1,48,293	8,40,326
43	Gym Equipment	15%	303			303		45	258
44	Health Care Equipment	15%	97,514			97,514		14,627	82,887
45	House Keeping Accessories and Kitchen Equip.	15%	84,170			84,170		12,626	71,544
46	Incinerator System	15%	87,279			87,279		13,092	74,187
47	Laundry Equipment	15%	19,307		7,01,510	7,20,817		55,509	6,65,308
48	Medical & Surgical Equipment	15%	1,78,436		40,000	2,18,436		29,765	1,88,671
49	Mobile A/c	15%	5,855	-		5,855		878	4,977
50	Printers & Fax	15%	24,011			24,011		3,602	20,409
51	Projector	15%	13,648			13,648		2,047	11,601
52	Refrigerator	15%	4,75,932	1,43,000		6,18,932		92,840	5,26,092
53	Router	15%	27,946			27,946		4,192	23,754
54	Shopping Trolley 90 Ltr	15%	1,419			1,419		213	1,206
55	Solar Security Fence	15%	34,445			34,445		5,167	29,278
56	Sound Systems	15%	4,563			4,563		684	3,879
57	Tata Sky Set Top Box	15%	10,815	-		10,815		1,622	9,193
58	Television	15%	9,16,053		25,500	9,41,553		1,39,320	8,02,233
59	Water Purifier	15%	1,22,409			1,22,409		18,361	1,04,048
60	Washing Machine	15%	18,924			18,924		2,839	16,085
61	Phase II Electrical Appliances	15%	1,56,23,037			1,56,23,037		23,43,456	1,32,79,581
62	ALC Fire Fighting Systems	15%	20,56,213			20,56,213		3,08,432	17,47,781
63	ALC Sncezelen Therapy	15%	16,74,350			16,74,350		2,51,153	14,23,197

DIGNITY LIFESTYLE TRUST MUMBAI

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SCHEDULES REFERRED TO IN INCOME AND EXPENDITURE ACCOUNT AND THE BALANCE SHEET AS AT 31ST MARCH, 2026

Schedule IV - Fixed Assets & Other Movable Assets — Year Ended : 31st March, 2026

	Asset	Rate of Depreciation	GROSS VALUE				Deletion	Depreciation for 2025-26	Net Value As on 31.03.2026
			As on 01.04.2025	Addition		As on 31.03.2026			
				On or Before 04.10.2025	After 04.10.2025				
64	ALC Air Conditioners	15%	20,36,208			20,36,208		3,05,431	17,30,777
65	ALC Air Curtains	15%	1,77,362			1,77,362		26,604	1,50,758
66	ALC CCTV	15%	3,88,479	10,065		3,98,544		59,782	3,38,762
67	ALC Electricals Equipment & Fittings	15%	52,02,299	27,200		52,29,499		7,84,425	44,45,074
68	ALC EPBX Systems	15%	63,553			63,553		9,533	54,020
69	ALC Fire Water Tank	15%	13,30,490			13,30,490		1,99,574	11,30,916
70	ALC Fridges	15%	2,17,170			2,17,170		32,576	1,84,594
71	ALC Geyser & Grab Bar	15%	94,635			94,635		14,195	80,440
72	ALC Invertor & Batteries	15%	17,318			17,318		2,598	14,720
73	ALC LED TV	15%	2,45,261			2,45,261		36,789	2,08,472
74	ALC Pedestal Stands & Busts	15%	1,60,256			1,60,256		24,038	1,36,218
75	ALC Pergola	15%	11,645			11,645		1,747	9,898
76	ALC Projector	15%	1,74,319			1,74,319		26,148	1,48,171
77	ALC Signages	15%	18,922			18,922		2,838	16,084
78	ALC Telephone Instruments	15%	16,704			16,704		2,506	14,198
79	ALC Water Cooler	15%	49,409			49,409		7,411	41,998
80	Garima Ghar Electrical Items	15%	5,91,314		-	5,91,314		88,697	5,02,617
81	Sukam UPS Battery & Trolley	15%	71,857			71,857		10,779	61,078
82	Inverter Batteries	15%	91,412	12,000	40,900	1,44,312		18,579	1,25,733
83	Elevator (Lift)	15%	1,30,000	10,40,000	1,30,000	13,00,000		1,85,250	11,14,750
	Total		**3,55,97,092**	**15,44,765**	**12,65,690**	**3,84,07,547**	-	**56,66,207**	**3,27,41,340**
	Block-IV (25%)								
84	Website Designing & Development	25%	44,494			44,494		11,124	33,370
	Total		**44,494**	-	-	**44,494**	-	**11,124**	**33,370**
	Block-IV (40%)								
85	Bhagwat Gita	40%	104			104		42	62
86	Computer	40%	39,984			39,984		15,994	23,990
87	Laptop	40%	7,049	73,839		80,888		32,355	48,533
88	Wi-Fi Device	40%	6,422			6,422		2,569	3,853
89	Software & Applications A/c	40%	13,468			13,468		5,387	8,081
90	Solar Power Plant	40%	1,58,009	5,05,050	1,63,690	8,26,749		2,97,962	5,28,787
91	Solar Street Light	40%	600	24,000		24,600		9,840	14,760
92	Body Mortuary Box	40%	9,084			9,084		3,634	5,450
93	ALC Urdu Kalma	40%	6,396			6,396		2,558	3,838
94	ALC- Capital WIP Lift					-			
	Total		**2,41,116**	**6,02,889**	**1,63,690**	**10,07,695**	-	**3,70,341**	**6,37,354**
	Total		**30,25,28,819**	**68,98,054**	**20,47,193**	**31,14,74,066**	-	**3,33,98,434**	**27,80,75,632**

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DIGNITY LIFESTYLE TRUST
Sch XII

NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH, 2026

A. OVERVIEW OF THE TRUST

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

- Maharashtra Public Trust Act vide Registration Number E-21722 (Mumbai)
- Foreign contribution regulation Act (FCRA) under the Ministry of Home Affairs
- CSR-1 under Ministry of Corporate Affairs

The Trust is registered under Section 12A of the Income Tax Act, 1961 vide Unique Registration No. AAATD6208RE20185 valid from A.Y. 2022-23 to A.Y. 2026-27. The registration under section 12A is renewed vide Registration No. AAATD6208R25MB01 valid upto Assessment Year 2036- 37. The Trust is also registered under Section 80G of the Income Tax Act, 1961 vide Unique Registration No. AAATD6208RF20217 valid from A.Y. 2022-23 to A.Y. 2026-27. The registration under section 80G(5) is renewed vide Registration No. AAATD6208R25MB02 valid upto Assessment Year 2031-32.

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

B. SIGNIFICANT ACCOUNTING POLICIES

1. **Method of Accounting**
The trust follows the cash system of accounting, except as otherwise stated.
To match the income from Interest with Form 26AS, it is accounted on accrual basis, as applicable. Interest amounting to Rs. 14,344/- is booked as accrued interest.

2. **Income & Expenditure Account**

(a) Monthly charges received from residents towards housekeeping, food, security and other facilities are accrued as Income from Residents.

(b) Expense incurred towards the object of the trust and other expenses are disclosed against relevant heads.

3. **Fixed Assets**
Fixed assets are carried at cost of acquisition less depreciation. Cost includes freight, duties, taxes & expenses incidental and installation.
Assets under construction are shown under Capital Work in Progress account till the completion of the project, then the amounts are capitalized to respective heads of

DIGNITY LIFESTYLE TRUST MUMBAI

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Fixed Assets. Assets received as donation in kind are shown at nominal value.

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

5. **Provision for Taxation**
The Trust is registered u/s 12AB(1)(b) vide Unique Registration Number **AAATD6208R25MB01** dated 30.03.2026 of Income Tax Act, 1961 and is therefore entitled to claim exemption from tax u/s 11 of the Act .

C. NOTES TO ACCOUNTS

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

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

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

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

5. Amount of Rs. 31,71,35,890/- has been shown under the head Loans (Liability) in balance sheet as Unsecured loans from two Trustees. The amount of Rs. 30,71,35,890/- has been received from Dr. Sheilu Sreenivasan and Rs.1,00,00,000 from Mr. Gopal Srinivasan. The Loan is given for the purpose of Construction of Assisted Living Facility (Dementia care centre) and other requirements of the Trust. The Loan has been given on interest free basis.

6. During the year, no provision is made for contribution towards the Public Trust Administration Fund in view of decision of the Hon'ble Bombay High court in CA Number of 1 of 2009 and PIL Number and 40,1780 and 1864 of 2007, order dt 25.09.2009

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

8. Donations received with specific direction or for specific use form part of earmarked funds. They are classified as such and credited directly to earmarked funds in the balance sheet.

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

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

11. The trust received the judgement from Mumbai ITAT dated 15th July 2026 for AY 1718 where the capital expenditure was allowed by the Hon. ITAT. The effect thereof by a downward adjustment to the block and depreciation shall be made in the books in the ensuing year based on the effect given in the ITR / Form 10B for FY 2025-26.





VISION STATEMENT

Leslie Dsouza
Resident Manager and Head of Finance

At Dignity Lifestyle Trust, we remain committed to continuously improving our infrastructure and services to provide our senior residents with a comfortable, safe, and fulfilling living environment. These include:

- **Energy Efficiency:** We are pleased to announce the successful installation of a 100 KW on grid solar power system, reflecting our commitment to sustainable living. Roofing sheet work of Block 11 and Block 9 has also been completed to strengthen our infrastructure. Plans are underway to further expand solar capacity at our Neral campus in the coming years.
- **Water Quality:** To ensure safe drinking water, we have installed an advanced RO+UV purification system (500 litres) in the dining facility. This guarantees 100% safe drinking water for our residents.
- **Future Expansion:** We are actively exploring opportunities to expand our facilities to accommodate more senior citizens and enhance the quality of services we provide.

Marking another significant milestone in our institutional growth, Dignity Lifestyle Trust has a state-of-the-art Assisted Living Centre dedicated to seniors navigating dementia, Alzheimer's and Parkinson's disease. Featuring specialised interventions such as a Snoezelen multi-sensory therapy suite, 24x7 on-site physician coverage, a fully appointed nursing station, and round-the-clock psychologist support, the facility has rapidly distinguished itself as a benchmark in specialised geriatric care nationwide. This initiative exemplifies our unwavering commitment to healthcare innovation, ensuring that dignity, clinical excellence, and resident well-being remain central to our mission.

These initiatives reflect our ongoing commitment to building a caring, sustainable and supportive community. With the continued guidance of our trustees, the dedication of our staff, and the cooperation of our residents, we look forward to making Dignity Lifestyle Trust an even better place to live.



Dignity Foundation SM

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