

HelpYourNGO VISIT REPORT

NGO Name: Dignity Foundation

Visit 1

Date of visit : Wednesday, 6th November 2019
Visit conducted by : Ms Winnie Dholakia and Mr Nishant Parekh
Location : Byculla, Mumbai

Visit 2

Date of visit : Friday, 15th November 2019
Visit conducted by : Ms Winnie Dholakia and Ms Suvarna Arvind
Location : Worli, Mumbai

About the Program:

Dignity Foundation runs Loneliness Mitigation Centers in Mumbai and Pune for underprivileged senior citizens. These Centers are euphemistically referred to as “*Chai Masti Centers*”. They provide a platform to senior citizens to interact socially, build a support network, boost their self-esteem, and lead an active life. Importantly, being modelled on the Buddhist concept of ‘*Kalyana Mitrata*’ (spiritual friendship), the Centers provide crucial camaraderie and companionship to the elders thereby encouraging them to lead a life with dignity.

About our Visit:

The HelpYourNGO (HYNGO) team visited Dignity Foundation’s Loneliness Mitigation Centers at Byculla and Worli and had the privilege to interact with the Sr. Program Manager (Mr. Rahul Ursekar), Center in-charge (Mr. Dilip Chauhan), and most importantly the beneficiaries.

Activities:

Dignity Foundation plans monthly activities with the beneficiaries keeping in mind their cultural background (e.g. Bhagavad Gita recital). These include Yoga, dance forms like Zumba, and sessions on positivity, health and nutrition, de-addiction, etc. These activities are conducted by professionals who offer a subsidized fee to the NGO for their services.

E. Moses Road Centre

Day	Date	1st/2nd	Planned	Resource	Budget
Friday	01-11-2019	1st	Zumba	Roshan	500
		2nd	Marathi class	Kishori mahdikar	200
Saturday	02-11-2019	1st	Yoga	Yoga Instiuite	400
		2nd	Game Movie	Dilipchahun	0
Tuesday	05-11-2019	1st	Dignity event		0
wednesday	06-11-2019	1st	sp Yoga / Zumba	Roshan / Rajiv Bhatt	500
		2nd	Yoga	Yoga Instiuite	400
Thursday	07-11-2019	1st	Pune picnic one day	Dilipchahun	500
Friday	08-11-2019	1st	Zumba	Roshan	500
Saturday	09-11-2019	1st	Marathi class	Kishori mahdikar	200
		2nd	Aditya Birala		0
Tuesday	12-11-2019	1st	Brahma kumari	Vanita ji	0
		2nd	Yoga	Yoga Instiuite	400
wednesday	13-11-2019	1st	Psychology	Heena	750
		2nd	sp Yoga	Rajiva Bhatt	500
		2nd	Zumba	Roshan	500
Thursday	14-11-2019	1st	Yoga	Yoga Instiuite	400
		2nd	Yoga	Yoga Instiuite	400
Friday	15-11-2019	1st	Dance	Neeta shet	650
		2nd	Zumba	Roshan	500
Saturday	16-11-2019	1st	Marathi class	Kishori mahdikar	200
		2nd	Yoga	Yoga Instiuite	400
Tuesday	19-11-2019	1st	Brahma kumari	Vanita ji	0
		2nd	Yoga	Yoga Instiuite	400
wednesday	20-11-2019	1st	Psychology	Heena	750
		2nd	sp Yoga	Rajiva Bhatt	500
		2nd	Zumba	Roshan	500
Thursday	21-11-2019	1st	Yoga	Yoga Instiuite	400
		2nd	Yoga	Yoga Instiuite	400
Friday	22-11-2019	1st	Dance	Neeta shet	650
		2nd	Zumba	Roshan	500
Saturday	23-11-2019	1st	Marathi class	Kishori Mahadika	200
		2nd	Yoga	Yoga Instiuite	400
Tuesday	26-11-2019	1st	Movie	Dilipchahun	0
		2nd	yoga	Yoga Instiuite	400
wednesday	27-11-2019	1st	Psychology	Heena	750
		2nd	spYoga	Rajiva Bhatt	500
		2nd	Zumba	Roshan	500
Thursday	28-11-2019	1st	Yoga	Yoga Instiuite	400
		2nd	Yoga	Yoga Instiuite	400
Friday	29-11-2019	1st	Dance	Neeta sheta	650
		2nd	Zumba	Roshan	400
Saturday	30-11-2019	1st	Brithdayparty	Dilipchahun	0
		2nd	Yoga	Yoga Instiuite	400
		2nd	Movie Game	Dilipchahun	15000

Pic: Monthly activity sheet of Byculla Center

We witnessed the Zumba class at the Byculla center and the yoga session at the Worli center.

It was overwhelming to see the disadvantaged senior citizens dance to the tunes of peppy English music with such enthusiasm and joy. The oldest amongst the group (over 75 years of age) who couldn't stand and dance were seated comfortably but passionately moving their limbs, following the teacher's instructions.



Pic: Enjoying Zumba

Observing the yoga session was soothing even for our team. The senior citizens were deeply engrossed in controlled breathing exercises and meditation. As they meditated, the vibrations of 'OM' filled the room with positive energy. They all looked vigorous and vibrant after the session.



Pic: Engrossed in Yoga

Beneficiary Feedback:

The beneficiaries at both Centers are extremely pleased with Dignity Foundation's initiatives. They appreciate that nutritional drinks are provided to them every day.

The Loneliness Mitigation Centers offer the disadvantaged elderly a means to escape from their routine problems by indulging in planned activities. They also provide them something to look forward to everyday. Even after the sessions have concluded, most senior citizens form groups and 'chill' at the Centers. 😊



Pic: Relaxing at the Worli Center

Challenges:

- Beneficiary feedback: The NGO organizes free medical camps (general health and eye check-up) for the senior citizens in association with other organizations. However, there is no follow-up mechanism to ensure that the prescribed medicines are being consumed since most of them face health related issues.
- Only women are attending the activities at the Worli Center, and efforts need to be taken to enroll men as well especially because men in the community have shown interest in enrolling in the program.