

January - March 2022



Nangloi - Najafgarh Road, Bakkarwala Marg, New Delhi, 110041

Jabardast January



New Year brings a New Beginning

A small get-together was planned for New Year's Eve on 1st January 2022. Which included dance, games, music, fun & food, sharing happy moments, and creating countless memories. This was an amazing celebration along with our happy visitors and team members.

New year comes with new energy, high motivation, and a lot of happiness and joy as Vardaan welcomed its first resident, Mr. R.S. Garg

First Resident -

Mr. R.S. Garg, our first resident, has been staying with us since early December. He is 93 years old and the only resident who started living with us when there are no other residents around.



Life at Vardaan Senior Living -



As Vardaan is a fully-operational senior living, so all the services and activities were functional when Mr. Garg moved in. He used to start his day by walking in the garden, getting fresh air or doing some yoga, then enjoying a sumptuous breakfast afterward. He then enjoyed having chit-chats with people around and performed physical, mental, and other activities planned by the Activity Manager, followed by a lovely lunch. In the evening he enjoyed snacks and tea along with fun activities or some games. After his dinner, he used to have kulhad wala A2 milk. He also interacted with the seniors who were exploring the facility during Site Visits..



Site Visit -

Our energy and enthusiasm to mark our year are in full swing. During this time many senior citizens visited Vardaan Senior Living with their family and friends to get an idea about the site, facilities, services, etc. During our site visit, we tried to exhibit all the facilities and services offered at Vardaan and a transparent view of how things are going to be if they start their journey with us. We attended all seniors with utmost care and empathized with them. Our site visits covered all highlights about how vardaan is safe for seniors in terms of medical and healthcare prospects? How can they enjoy their journey to the spiritual self? How can they feel more alive by following an active and enjoyable schedule prepared by a dedicated activity manager? How can they maintain health and well-being by following the right diet prepared by the in-house Cafe as per the needs of seniors? To conclude, How can they enjoy their second innings with Vardaan Senior Living?



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How can they feel more alive by following an active and enjoyable schedule prepared by a dedicated activity manager?

How can they maintain health and wellbeing by eating the right diet prepared by dieticians as per the needs of seniors?

To conclude How can they enjoy their second innings with VardaanSenior Living?

Feeling wala February



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Feeling wala February

The month of February was full of excitement, abundance, and divine blessings for Vardaan Senior Living. The hard work, dedication, and persistence of the Vardaan family for site visits and attention to the needs of each and every senior who visited the facility was commendable. We were able to plan and execute our first mega event for the grand move-in ceremony of our residents who decided to start their golden journey with us. Vardaan Senior Living welcomed the seniors and guests with their family and friends for the grand Move-In Ceremony starting February 14, 2022, Valentine's Day, the day of love and life.

The seniors and their families were a part of

AAGAZ- Dil se....Dil Tak is a fun event filled with a lot of feelings, music, dance, ghazals, games, ramp walk, lucky draw, food, and much more. The participants had a wholesome and pleasant experience during the event and they were highly satisfied with the experience they had after meeting everyone and exploring the facility. The event was live on Facebook and youtube. If you've missed it, you can visit our Facebook page and youtube channel for all the updates. Our Facebook credential is **Vardaan Senior Living**.

Valentine's Day - Cheer to Love and Life -

After the move-in ceremony of residents, they started their happy, joyful & serene life at Vardaan. Their day started with an active lifestyle from morning walk, to performing Yoga/Zumba, and ended with an evening walk and blessings from the divine. They can enjoy their stay feeling more alive by performing different activities designed by our dedicated activity manager. They can stay peacefully with safety in their specially designed senior-friendly rooms. By reading, playing, and being active at the



gymnasium, they can enjoy me-we time at different facilities of Vardaan. Their health and well-being is taken care of by routine health check-up and sharing their health updates with the family so that they can be ensured about the well-being of their loved ones. The Vardaan life is indeed a blessing for all the seniors who wish to spend their second innings celebrating each day with love and laughter.

The Vardaan Life -



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Craft and Creativity -



During the February activity schedule, one of our activities was to craft and create an activity where our residents were given a picture clicked during their move-in ceremony and they had to create a photo frame using a craft which can be kept, displayed, and cherished as a memory of their beautiful journey. This not only gave our seniors a chance to think of how they can create a new object but also added a smile to their faces once they finished it. The activity was planned and organised by our dedicated activity manager.

Salad Dressing Activity -



Salad is to eat but it tastes much better if presented well. Our residents added fun and feeling by participating in yet another interesting activity of salad dressing, presenting and enjoying eating it together. They created beautiful salad dressings chopping colourful veggies in different styles and turning it into beautiful presentations on plates.

Yoga toh Hoga -



Everyone is aware of the health benefits of Yoga so our team added more fun to it. Our residents tested their flexibility and enjoyed the Yoga session which was conducted by Yoga experts and was attended by other seniors as well. There are yoga asanas that enhance active living among seniors, are good for digestion and last but not the least the laughter yoga that adds years to life.

Birthdays and Anniversaries Shall Call for a Party -



When we hear about the birthday or an anniversary of our acquaintances, we always ask for a party. So why not with our senior residents. We celebrated their special days with them adding happiness and remembrance. All they want is love, care and the feeling of not being alone on their day. We care for them.

Masti wala March



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Masti wala March

March brings a lot of positive vibes as it has the days of strength and colours added to it. The residents at Vardaan celebrated their month of masti wala march with ultimate fun.

Women's Day - Women Shall Be Celebrated Each Day -

Women are the creators of life and the strength of everyone added to their life. Women shall be celebrated each day. We at Vardaan Senior Living organised and planned to do something that is entirely different for all our seniors and specially our female residents. We planned an outing to the mall and let the women enjoy their favourite to-do i.e. shopping. They all enjoyed the outing, the movie, the shopping and the food all together that day. And their evening was filled with more celebrations where they had a women's day special cake that they cut together, singing songs at karaoke, dancing to the tunes and celebrating thoroughly.



Rang Barse - Hum Ab Bhi Hai Natkhat -

The most fulfilling festival of the year always remains Holi which adds a lot of colour, fun, enjoyment and togetherness among everyone. The residents at Vardaan enjoyed the festival of Holi by celebrating the two days of this occasion. The fire of Holi from Holika dahan purified their hearts and the colours of holi added colour to life. The holi bash was celebrated with a fun-filled event which was attended by the residents along with other seniors also. They enjoyed dancing to the dhol beats, performing their preparations for the occasion, playing fun games, enjoying delicious food, and much more.

Ashtami and Ram Navami Celebration -

The residents had a blissful experience by celebrating the auspicious occasion of Ashtami and Ram Navami. They attended the holy puja at the temple in the premises, followed by the Kanya puja. They felt every bit of serenity by listening to the Katha on Ram Navami. The food prepared at the cafeteria was also as per the celebration because people usually fast during the days of Navratri. The divine blessings and positive vibes were sought by all.

