

April - June 2022



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

Andaaz Vala April



Baisakhi Di Lakh Lakh Vadhaiyan

The fragrance of the festival comes from the state of Punjab where it marks the first day of the month of Vaisakh and is traditionally celebrated annually as a festival of harvest. Vardaan Senior living celebrated Baisakhi where residents embellished their punjabi attires and slayed to the beats of dhol and tunes of Bhangra. They enjoyed delicacies from the state of punjab in their meals adding happiness and togetherness. The divine blessings added glory to the festival with smiles and laughter.

Earth Day - Maati Se



The earth is what we all have in common. Let us preserve and cherish the only home we've ever known. The residents at Vardaan senior living celebrated earth day by restoring nature. The existing plants were taken care of and new plants were planted in vardaan premises. Plantation drive was conducted by our activity team and all the residents participated whole heartedly to honour mother earth.

Other Activities at a Glance

Picture Description Activity -

Staying active and present is always beneficial for seniors. An interesting activity of describing pictures was conducted at Vardaan Senior Living where seniors were shown pictures from their own photo gallery where they had to describe what the picture could mean to them. It added hilarious moments among seniors while they were expressing their views. Such activities help them work on their critical thinking skills and enhance memory. Such activities if practised regularly can delay onset of dementia.



Flower & Fruit Craft Activity -

Creativity and imagination do not ask your age. The residents at Vardaan Senior Living participated in the flower and fruit craft activity where they had to create unique crafts using flowers and fruits. Such activities keep the seniors engaged and help them develop thinking skills and help them embrace their time with performing activities with togetherness.

Zumba-Zumba -



Residents at vardaan experience active living in their daily routine. They practice zumba with our dedicated activity manager. Such activities help them stay active, maintain a healthy heart, enhance cognitive function allowing them to socialise while they practice together. This also helps manage a healthy weight, strengthen bones and muscles improving mobility.

Fun & Yoga - Yoga se Hoga -

A special Yoga session was organised by the Vardaan team for all the residents. There were other participants as well who were welcomed for the activity. Specific Yoga regimes as per seniors were discussed and guided by the yoga expert. Most Yogasanas were those which directly benefit the seniors with memory, digestion, blood pressure etc. There were fun games and sessions which added more to just Yoga.



International Dance Day -



Dancing has its own known ways of boosting energy and mood. Dancing helps support physical, mental & emotional well being among seniors as it helps improve hand-eye coordination, strengthens heart, connect and engage socially. Residents of Vardaan Senior Living celebrated International dance day with vigour and zeal. They prepared their favourite dance numbers and performed their preparations for everyone present. It was followed by a delicious lunch for seniors to relish.

Memorable vala May



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Laughter Day

Laughter is a universal language of every age that shows the expression of happiness. It helps release endorphins, fight depression and anxiety, increases blood flow preventing cardiovascular diseases, boosts the immune system and enhances memory. Laughter Day was celebrated at Vardaan Senior Living where they practised laughter therapy along with joke cracking sessions with togetherness. There was happiness and laughter all around.

Mother's Day Celebration : Tu hai mera ye sansaar saara -

A mother nurtures and cares for her children from the time she gets to know she is bearing a child which is even before the birth. Words can not express what being a mother means. The bond mother and children share is priceless. This day was indeed memorable, filled with emotions and joy. Team Vardaan Senior Living presented a surprise to the residents where they asked the NOK's to share their love through video messages. All the Vardaan mothers were presented with a mothers day crown while they gathered for the celebration and cake cutting ceremony. The videos were played in the multipurpose room which was brimmed with mixed feelings.



International Nurses Day -

The warmth, care, compassion and kindness of nurses and caregivers shall be celebrated each day as they serve selflessly for the elderly like their own family. International Nurses Day was celebrated at Vardaan Senior Living where all the nurses and caregivers were honoured by words of appreciation from seniors and a cake cutting ceremony was organised for them. They were awarded with gift for their service

Birthday Bash - Hai aaj mera mera Janamdin -

At Vardaan Senior Living, birthdays and anniversaries of seniors is a special day to celebrate. Birthday of Mr. Naresh Jain, a resident at Vardaan was celebrated with delight where the most favourite and mouth watering Gol Gappe party was organised for seniors. There was a cake cutting ceremony and lunch to rejoice. The party continued the whole day from morning to evening where different kinds of Halwa cake and milk cake were presented and enjoyed by all residents at Vardaan



The Divine : Sunderkand Path -

Sunderkand path was organised for divine bliss at Vardaan Premises. The learners from Gurukul had their hands on tabla, dholak and harmonium where all residents chanted and felt the aura of positivity with spiritual connection.



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Environment Day

We should do our smallest bit to make this world a cleaner, greener and healthier place to live. The residents at Vardaan Senior Living kept this promise and participated in the plantation drive which took place at vardaan premises. The residents were presented with an indoor plant as a souvenir to be taken care of and as a remembrance of the day and its importance.

Fun with Origami -

Origami is a form of art and paper folding associated with Japanese culture. It can be used to make attractive shapes and decorative designs using paper. This activity aids several benefits for seniors as it involves hand-eye coordination, develops motor skills, builds concentration and helps improve memory. An Origami session was organised for the residents of Vardaan Senior Living where they made different objects and shapes like butterflies and spent a joyful time with their companions.



Picnic Day -

What is a better idea than going for a picnic? The vardaan team planned a joyous picnic in premises for the residents where they had set up a picnic zone at the garden space. All the residents satisfied their mouth cravings while they enjoyed the Gol Gappe party and other mouth watering snacks. Fun games were also organised to add fun to the picnic.



Father's Day Celebration- Mere Papa Mere Hero -

A father is a hero, a friend and a guide and a person who shares the most finest values and wisdom with us. The NOK's shared their video messages for their father. A cake cutting ceremony was organised and the video messages were played at the multipurpose room which was again filled with mixed emotions, joy and feeling of love.



Yoga Day Celebration - Yoga is Vardaan -

Yoga day brought the vibe of being youthful and glow with the vardaan of Yoga. Yoga has a lot of benefits which are well known but it specially benefits the seniors as it enhances mobility, strength, flexibility and balance. It also strengthens bones and prevents onset of osteoporosis among seniors. The Yoga day was celebrated by the residents of Vardaan where they practised yoga and meditation for body, mind and soul.

