



INTRODUCTION

Another year started with a boom!! As Vardaan is now widely known as the best senior living in Delhi. People who visit once never forgets the warmth and love they get in Vardaan. Vardaan is known for its Care for their seniors. We hope this new year brings many more achievements to us and we serve our best.

April 2023

Andaaz Aapna Aapna!! Baisakhi Celebration

Our residents always get thrilled about celebrations. They always love to celebrate all the occasions which are celebrated all over India. They maintain the proper theme of the occasion; is it dress or decoration. This year we enjoyed our heart out by celebrating one of the most famous occasion 'Baisakhi'. We arranged different types of games & yummilicious food for our residents. All our residents are away from family living independently in Vardaan. So, we try to give them familiar ambiance in all occasions.



BIRTHDAYS & ANNIVERSARIES



Birthdays & Anniversaries holds a special place at Vardaan. As we celebrated these occasions like other ones with grand celebrations. All our residents are like family and they celebrate their special days with us. So, it is our responsibility to give them the happiness they deserve in these special days. Cakes, Sweets, Balloons & even flowers are chosen specially for them in these special days.



May 2023 Maza Agaya Kasam Se!! Mother's Day Celebration:

Mother's Day is a special day for all of us at Vardaan. All the staff stays away from their family and relying on Vardaan family. We try to make this day special for our residents as they are staying away from their children, as well as our residents try to make us feel special as we live away from our parents. We celebrated Mother's Day with special videos & messages from children for their parents. Everyone got emotional but the we arranged some fun games and all the residents were very enthusiast to play. We ended the day with happy notes from everyone and delicious food on the go.



EVENING RUMMY MANIA



One of the most famous groups of Vardaan is the Rummy group. It got created after one of our residents is only interested to play cards and he was new. So other residents decided to create one to mingle with him. He is one of the oldest in here as well and

everyone loves him so much. Once the rummy group starts their game others join them as audience as it is very fun to watch them playing their every move and have fun in it.

June 2023: Jab Tak Hain Jaan!! World Environment Day Celebration:

We celebrated world environment day in a very simple way by gifting our seniors' indoor plants. Which helps increasing O2 level inside room. Also, we planted some seeds of flowers. Which will bloom into beautiful flowers soon. Everyone was very happy as they take care of the plants given to them like a baby and they bought new ones to decorate their room as well as to maintain a healthy aura inside the room.



NEW CAFÉ INAUGURATION:

Our family is getting bigger day by day and we cannot express our happiness about it. How much it means to all the employee of Vardaan. It is our utmost duty to keep our seniors happy, safe, and secure. As they will be staying with us for the rest of their life. We will be their family and friends, both.

We took this opportunity to extend our old café which had sitting capacity of 40 people at a time, turned into double. Now 80 people can sit there and had food, at a time. We are very happy provide our residents the ultimate dining experience, with huge cafe lounge, in-house exquisite food and much more. All our residents are very happy and enjoying their time at our Café.



Father's Day Celebration:

A father's love is not deep like mothers but father's love will always be imprinted in children's heart. Vardaan celebrated this special day with all the fathers in Vardaan. As some are away from their children and some away from their father's. So, we arranged fun games and delicious food for everyone and the ended with big smile in everyone's face.



EVENING ACTIVITIES BY GM:

As our new café has inaugurated, we started to conduct our evening activities at Cafe and most interesting our GM, MR. Sourish Gupta, introduced some activities to the residents which was super fun, engaging and learning. Every evening we did some unique activities which gave residents the chance mingle with each other, have fun, and learn new things, which helped body-mind coordination easier and relax.

Pajama:

We had organized Pajama Party for the residents. But there was a twist, they had to make their own pajamas and wear it, with newspapers. They tried their hands on this quirky but fun activity and made the best pajamas for themselves and wore it for the last round Cat walk.

We prepared an activity called "Master of House". In this they had to fold bedsheets properly and neatly fast. The one who will fold most bedsheets neatly within the given time will win the game. Not only ladies, gents also participated in the activity to show their talent. Everyone enjoyed and competed against each other happily.

Make-up, Fishing & Ring Ringa Roses:

We planned several unique activities for our residents to engage their mind & brain. First, they tried their hands on Make-up and had tried colouring the models printed on sheets. Next activity was Fishing. They had to catch the most expensive fish among all. Although there was no real fish but they tried their best to catch and enjoyed a lot. Last activity was the Ringa Ringa Roses. Residents had to put the rings in different objects from a distance and win the prize. We try to make our residents day by engaging them in these kinds of activities.

Master of the House:

Gola:

We have organized an activity called Gola for our residents. In which they had to make Gola or Ball out of newspapers and throw it in a bucket from a distance. It was fun activity and everybody enjoyed. But the most fun part was a special twist at the end. One who can put the Gola all three times in the bucket, she or he will get the chance to have a lunch or dinner at Famous Gola Restaurant in Conaught Place. Everyone got competitive and enjoyed the game by winning prize.



One Two Ka Four:

We had prepared some exciting evening games for our seniors in four rounds. Which was called One to Ka Four to add some fun into it. They had to transfer Chana with spoon into other bowl without using hands. The next game was to find pairs of King and Queen from pile of cards. The last but not the list was to spoon ball race and to add some little more fun our residents tried the catch the mouse game. Which was to balance the biscuits all over your face and to eat it finally without fall. Everyone enjoyed very much. These activities help our residents to keep their body & mind active.

And Many More!!

