

July - September 2022



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

Jab We Met in JULY



### **Mental Wellness Session**

Vardaan senior living organized a mental wellness session on Healthy Happy Ageing with Dr. Ishita Mukerji - An internationally renowned psychologist and senior care expert. The session covered all aspects of mental health and why it is important for seniors. What causes mental illness and how to stay in a positive state of mental health? Residents got an insight into what healthy ageing is and it was well explained by the expert through different and easy ways of understanding.



## Be a Kid Again Day- Back To Bachpan



Childhood was the best moment of our Life. There was nothing to worry about or feel sad about, We were always happy as kids. Vardaan Residents enjoy those wonderful childhood memories again. Vardaan Senior Living celebrated Be A kid Again Day, to recurring those childhood days. Our Activity Manager Become the teacher and the Whole Team along with residents became Kids and relatively wear kid's attire. Residents enjoy candy, school classes, kids' games, and a lot of activities related to Kids.

## Gorgeous Grandma in Monsoon



Grandma's Ears that truly listen, arms that always hold, love that is never-ending, and a heart of gold. Monsoon brings us the memory of how our grandparents taught us about paper boats and rainbows and how they celebrated all colors of life. This monsoon Vardaan senior living celebrated this special day with all the Gorgeous Grandmas at Vardaan. All the Granny got ready to flaunt in style and enjoy every bit of the day. They celebrated monsoon and gorgeous Grandma's day with cake, paper boats, dance, smiles, fun games, and much more.



## Shivratri Special Pooja



Shiva is more than a god, He is an image of the infiniteness of this universe. Where all thoughts, feelings, and limitations of the World become Zero. And the new journey of Inter-Relationship between Atma and Param-Atma begins. In Hindu traditions, Sawan or the Shravan month is an auspicious month. Vardaan senior living organized Shiv Abhishek Puja in the Campus temple on the auspicious occasion of Pehla Shravan Somwar. Residents found it too peaceful and felt divine.

## Jhulon Waali Teej



Hartalika Teej welcomes the monsoon season and is celebrated primarily by girls and women, with singing, dancing, enjoyment, and prayer rituals. Teej is a festival of divine, love, bliss, and abundance. Vardaan celebrates Hariyaali Teej for peace, prosperity, happiness, and health.

All Residents of Vardaan Flaunt green attire and enjoy the evening with dance, music, games, and a lot of fun. Traditionally, Indians enjoy celebrating Teej with their families. A special Mehendi Session with special Jhula decorations is organized with teej-related games and dance.





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### **Vardaan Wali Friendship**

Friendship is an eternal bond between two or more people who share their interests, and care, and are interdependent. Vardaan residents and staff find the incredible gift of friendship to cherish and enhance their emotional well-being.

At Vardaan Senior Living, Friendship day is celebrated with lots of love and fun. All residents and staff tied each other with the band of the everlasting bond. Special Friendship games are organized.



## Watermelon Day

Watermelons are enjoyed in all shapes, sizes, and colors. Delightfully sweet and tasty, they are the go-to fruit for summer. Vardaan senior living organized watermelon-related games for our residents on this watermelon day. This activity keeps them fresh and happening the whole day. Residents enjoyed it the most.



## Dumb Charades Special

The beauty of the game is that one can involve kids, teens, or people of all age groups and everyone can have a delightful time. Dumb charades make us agile and cheer up the mood. It is not just about acting and guessing, it is a whole process of team building and making bonds stronger. Our Dedicated Activity Manager Plan activities in such a way that help seniors to think creatively and enjoy quality time.

## Rakshabandhan - Raksha ka Bandhan

Rakhi is basically a sacred thread of protection embellished with the love and affection of a sister for her brother. At Vardaan, we cared for each other like family, loved like friends, and protected each other like siblings. As Raksha Bandhan is all about connection that binds love and togetherness, forever and ever. This Rakhi, Vardaan tied with all the residents into the thread of lifelong care and their happiness. All residents enjoy sweets and fun altogether.





## Monsoon Outdoor Games



As we all know, Monsoon makes nature more refreshing and beautiful. In the evening, a little cold and warm air refreshes the mood. Vardaan Senior Living is a community where every moment is worth it. For all residents, it's time to enjoy everyday moments. Our Dedicated activity manager plans most of the activity and games around nature, which help seniors to feel fresh and rejuvenated every time, and in monsoon, it's worth it.

## Saare Jahan Se Accha Hindustan Humara - Celebrating Independence Day



India is celebrating its diamond jubilee this year, highlighting its resources' value and rarity. India's real strength is its sense of belonging to a community. On this independence day, Vardaan Senior Living was filled with the spark of Tirangas, All gurukul children holding Tiranga celebrate independence day with vardaan residents. Vardaan Senior Living celebrated 75 years of Independence with tri colors all around with all the residents - Azadi ka Amrit Mahotsav. All residents wear tricolor outfits and enjoy the day with games and food.



## Vardaan Ke Krishan Kanhaiya - Janamastmi Celebration



Krishna, the divine teacher of the universe, is always here with us -- to guide us, and to lead our life with clarity, joy, confidence, and hope.

Vardaan Residents celebrate the Holy occasion of Janmashtami with all the love and joy on the premises. All male residents become gwala and all-female residents become go Piya and our most senior resident MR. Radheshyam Garg was the Krishan Kanahiya of the day. Bhog of Makhan mishri and amazing palkhi decoration for laddu Gopal was prepared by Vardaan Staff to make the day more special for all.







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### **Ganesh Chaturthi Celebration - Bappa at Vardaan.**

Lord Ganesh always comes with a lot of joy, happiness, prosperity, and success.

At Vardaan, Bappa is welcomed with whole energy, fun, divine, spirituality, and love. Ganpati Murti Sthapna Special pooja done with all rituals. Special Dhol Tasha was played by gurukul children and even the whole staff enjoyed the welcoming session. All residents and staff wore Pheta to show Marathi culture. Special Prashad was prepared by the cafeteria team. Those five days with Bappa gone fast. All the residents enjoyed the Chaturthi celebration wholeheartedly.



## Ganpati Bappa Moriya - Agle Baras Tu Jaldi

Ganpati Visarjan is all about happiness and joy to Vardaan. Ganpati Ji is the boon in all these Five Days, Vardaan residents follow rituals and enjoy all day in devotion to Ganesha. But when the time came for Ganesh Visarjan, all residents felt love and devotion and found it too difficult to

visarjan Ganpati Ji. We created a pool for the visarjan on our premises. All prayed and did aarti before visarjan and wishes. May Lord Ganesha take along all our troubles and bless us with eternal happiness and joy.



## Visit Dadabari Jain Temple

The magnificent temple is dedicated to the second famous Jain sant Dādā Guru Manidhari Jinachandra Sūri ji. The temple stands in an open Tirthankaras courtyard surrounded by a corridor, which has numerous cells containing small idols.

At Vardaan, every day is planned in such a way that will add value to our residents' lives. Our activity manager plans spiritual visits too in every weekly activity calendar. This brings peace to residents and these small things become special with lots of fun and traveling.

## Climbing Golden Stairs - Residents' Birthday

Birthdays are always special even if it's your 18th or 80s.

We at Vardaan, celebrate every resident's birthday as we celebrate other festivals.

September comes with the 94th birthday of Mr. R. S. Garg Sir as well as the 77th birthday of Mrs. Jyotsna Gandhi ma'am. Both birthdays are just one day

before. Both residents' families come and surprise them on their birthdays. All other residents are in party outfits and enjoy the party. We are glad to organize their birthday parties at Vardaan.





## Emotional Wellness Programme



Emotional Balance Programme with Dr. Ishita Mukerji held from 24th September - 27 September 2022 in Vardaan Premises. On all four days, different activities were conducted.

### **Day 1st (MENTAL WELLNESS WORKSHOP)**

Activity 1- Group Assessment

The purpose of this process is to assess the medical, psychosocial, and functional abilities of older adults in order to develop an integrated plan designed to maximize their overall health as they age.

Activity 2 - Stress Management Strategies & Techniques

Stress management strategies help seniors to better deal with stress and difficulty (adversity) in their life.

Activity 3 - Psychoeducation Session

In order to achieve better results, mental health professionals and patients must work together to provide all the information they need about the illness and its treatment.

### **Day 2nd & 3rd (Special Sessions)**

Activity 1- One on One Counselling Session with Residents

Emotional problems can be effectively handled through counseling. These changes can be confronted and accepted through counseling.

Activity 2 - Mental health checkup of residents

The way we think, feel, and act is affected by it. Additionally, it affects how we handle stress, relate to others, and make decisions. In childhood, adolescence, and adulthood, mental health is important.

Activity 3 - Therapeutic Intervention

This helps to meet older adults' social needs through active participation, respect, stimulation of social contacts, and knowledge sharing.



#### Activity 4 - Expressive Art Therapy

Older adults are likely to benefit from this program in terms of cognitive function, memory, self-esteem, and reduced stress.

#### Activity 5 - Music Therapy

The relaxation helps the participants to calm their heart rate and lowers the level of the stress hormone cortisol. Seniors feel calmer and more capable of relaxing as a result of the effect.

#### Activity 6 - Deep relaxation exercises

The primary benefit of deep breathing is the reduction of stress in your body and the lowering of your heart rate.

### Day 4 - Group Therapeutic Session

Activity- It will keep seniors in good health, improve their posture and muscle strength, increase their balance and coordination, and relieve stress.

We thank Dr. Ishita for sharing her valuable time and her experience. At Vardaan, these types of wellness sessions will always be conducted for the benefit of residents.

