



Anandam

A Free Home For Senior Citizens

# ANANDAM

QUARTERLY NEWSLETTER

## ANANDA YATRA - SHIRDI

The annual day of Anandam was celebrated in complete grandeur with a Fashion ramp walk by the elders!

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## VEL'S CARNIVAL FOR STUDENTS

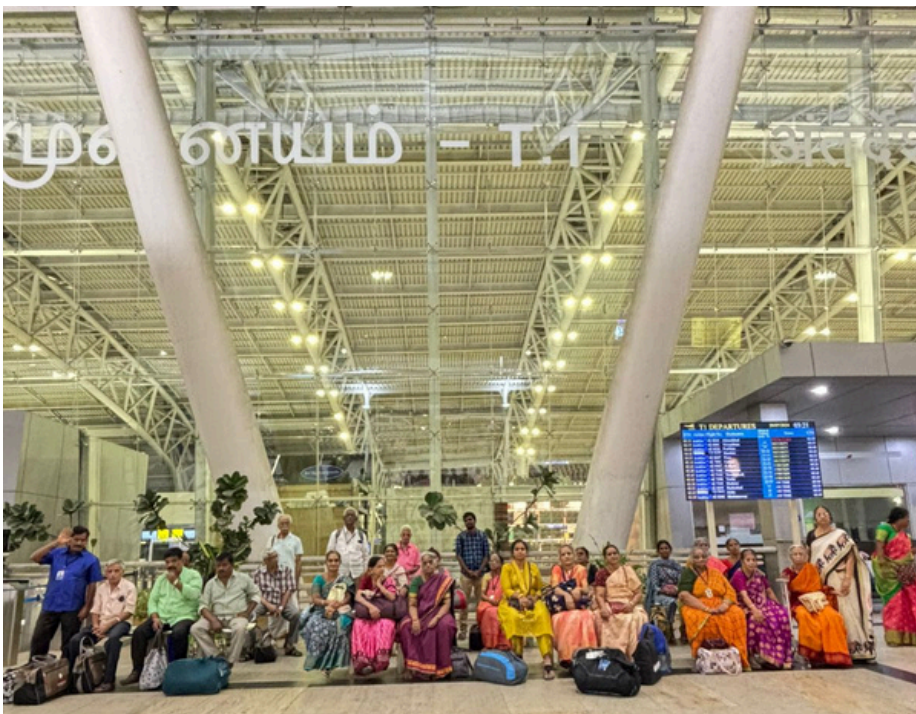
An exciting 2 week-long summer camp was organised at Anandam's School for Special Children with several activities.

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## ONAM CELEBRATIONS

The Special School had organised an Autism Awareness program on April 2nd, 2024.

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PAGE 3 | ANANDA YATRA - SHIRDI



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PAGE 7 | MEDICAL CAMP AT MELKONDAIYUR

# EDITOR'S NOTE



Hi Everyone,

I'm very glad to connect with you all through this issue. I begin by wishing you all a very Happy Diwali. Wishing you all a prosperous start with the blessings of all the elders of Anandam.



**-We have done the Bhoomi Puja for constructing a Comfort Care Centre on the first floor of our current complex, along with a bakery unit at the rear. The architectural drawings have been prepared and submitted to the CMDA for approval. In the meantime, we have finalized the contractor, who will begin construction as soon as we receive approval.**

**-The recently established Anandam Special School successfully conducted several activities over the last three months with great enthusiasm which you will read about in the newsletter.**

**-Our monthly medical camps have been met with great enthusiasm and we have completed 1 year of successfully hosting camps every month. Diabetic and heart patients continue to receive free medications during these camps. We have constructed permanent sheds for this purpose and have ample space to conduct the camps now.**

**-The Goshala continues to expand, now housing 101 cows. A new cow shed was recently completed.**

All these successes are because of your continued support.

Bye and best wishes until then!

Bhageerathy Ramamoorthy

**ANANDAM - A FREE HOME FOR SENIOR CITIZENS**

# ANANDA YATRA - A DIVINE DARSHAN AT SHIRDI

In August, Anandam Home organized a special two-day yatra to Shirdi, providing a divine and memorable experience for its senior residents. This well-planned trip included comfortable air travel— a first for many of the elders—accompanied by dedicated doctors and volunteers to ensure a smooth journey. Beyond the peaceful darshan at the Shirdi temple, the group made a spiritual stop at Shani Shignapur, enriching the pilgrimage further. For each elder, the journey was profoundly moving, and it concluded with heartfelt tears, marking a once-in-a-lifetime spiritual experience.





**WORLD PHYSIO DAY**  
At Anandam, We aim to give the best physical aid to the elders and help them get better. Physiotherapy has been a significant part of their routine and we celebrated our doctors too!



**TURNING YOUNGER AT HEART!**  
We love celebrating the birthdays of our elders. On the last day of the month, all the elders who had their birthday are celebrated! This is Anandam's unique way of honouring elders and giving them an experience of celebrating things dear to their hearts.



ANANDAM THANK SRI RAMACHANDRA HOSPITAL, COLLEGE AND RESEARCH CENTRE, MEENAKSHI AMMAL DENTAL COLLEGE, ARAVIND EYE HOSPITAL, BILLION HEART BEATING FOUNDATION, DR. RANGARAJAN MEMORIAL HOSPITAL, FOR ALL THEIR CONTINUED SUPPORT

**ANANDAM EDUCATION ASSISTANCE**



**SILAMBAM WORLD RECORD!**

16 students from the Anandam Education centre, set a world record in Silambam. They did 53 minutes 53 different types of silambam rotations. We are immensely proud of the achievements of these kids and Anandam encourages and supports them in every way possible for them to have a very bright future.

**BAGS WERE DISTRIBUTED TO OUR STUDENTS**



Our students at the Education centre were given Bags and periodically we also provide them uniforms and other essentials that they need for school as we believe that every child deserves education at its best.



**ANANDAM EDUCATION ASSISTANCE**

**WE THANK THE SPONSORS FOR  
THE IMMENSE SUPPORT THAT  
THEY EXTEND AT EVERY STAGE!**



We are delighted to announce that the Guru Krupa Foundation (GKF), a foundation based out of New York, has renewed its support for another year. For the past four years, Anandam Trust has been the recipient of GKF's generous support.

GKF has been a steadfast supporter of our cause by covering the operational expenses of our after-school tuition program, benefiting approximately 270 to 300 children every day. Their support has played a pivotal role in empowering first-generation learners and providing them with the resources they need to succeed. As a result of these efforts, children have made great strides at their respective schools.

The collaboration between Anandam Trust and GKF exemplifies a shared commitment to providing quality education and support to underprivileged children. Together, we will make a tangible difference to the lives of children as we work tirelessly to craft a better future for all.

We are also thankful to Shriram Chit Funds Private Ltd. for their contributions towards the Anandam Educational assistance.

# MEDICAL CAMP IN MELKONDAYUR VILLAGE

The PENNALAM team conducted complete health checkups for elders as well as the public, with particular emphasis on cancer screening. As an outreach programme, Anandam Medical Care Centre conducts medical camps at Melkondayur near Pakkam village, once a month. We arrange checkups by General Physicians, Dental and Eye specialists. Medicines are distributed free of cost and the villagers who do not have medical facilities in that area are very happy.



## DENTAL WING

Dental and Eye-care divisions offer their services twice a week. We have two dental chairs, of which one has X-ray facilities. Patients requiring surgical and advanced care in dental and eye-care wings are referred to Meenakshi Dental College and Aravind Eye Hospital.



## LABORATORY

We have a fully equipped testing laboratory where basic lab tests recommended by our Medical officers are conducted for the public free of cost. Medicines are issued free of cost for the patients. We have an Ultrasound system where free scanning is done once a week.



## PHYSIOTHERAPY

We have started offering outpatient Physiotherapy sessions in the Medical Care Centre for two hours in the morning and evening.



## PRESENTING OUR SCHOOL BAND!

Anandam Special School has inaugurated its first ever School Band! The maiden performance took place in July early this quarter!



## KRISHNA JAYANTHI

The students of the special school celebrated Krishna Jayanthi with great enthusiasm. They came dressed up as Krishna and Radha and engaged in various activities on the occasion.



## GARDENING ACTIVITY

Love for nature and plants are cultivated at a very young age. Our students take great interest in understanding the art of gardening!





# VEL'S CARNIVAL IN TAMBARAM



An exciting camp was organised at Vel's with various activities and over 30 students from the special attended the carnival. It was filled with games and activities and even lots of drill displays.



# ONAM CELEBRATION AT THE SPECIAL SCHOOL

Every year we celebrate all the festivals with great fervour. This year the special school celebrated the Onam Festival in great grandeur and the teachers and students put out a big pookalam.



# PAPER PRESENTED ON PMF THERAPY



An International Conference on Neuro Diversity was hosted by Sankalp foundation. A few of our teachers attended and presented a paper on the PMF therapy that is being given at Anandam.

# SOME ARDENT CRICKET EVENTS AT KGF GROUND!

12 students from the Anandam Special school participated in the Cricket sport event at the KGF Ground, Puzhal organised by the Able Aura Foundation.



# SANGAM 2024 - SPORTS EVENT

Anandam Special School participated in the Sangam 2024, Sports events at the St. Bede's school, organised by the V- Excel Institute. the students won several prizes and proved their calibre.

# "BEST TEACHER" AWARD !

The Kind Trust presented the Best Teacher award to our Special School's principal. Anandam is extremely happy to have such dedicated teachers.





# WOMEN EMPOWERMENT

The Mothers of the Special school children are being taught several life skills that are helping them generate an alternate income stream. From Embroidery to tailoring to computer classes, this initiative has helped several women find their voice!





## GIVING NEW LIFE!

We are blessed to witness the birth of a new baby calf from a mother who was rescued from a slaughter house. It's a moment of great joy and pride for us at Anandam Goshala.

ANANDAM THANK ALL OUR DONORS, FOR THEIR CONTINUED SUPPORT TOWARDS THE MAINTENANCE OF ANANDAM HARI GOSHALA

# BHOOMI PUJA OF THE ANANDAM COMFORT CARE CENTRE

## ANANDAM COMFORT CARE CENTRE

We have a Medical Block at Anandam which can presently accommodate 15 people (Male and Female), who require constant, 24 X 7 care and help from attenders, with medical attention too. As the average age of our elders is more than 75 years now, we feel that more accommodation for residents who become ill will be needed shortly. We are building a Comfort Care Centre on the first floor of Anandam to an extent of 4500 sq. ft. with 10 beds for men, 10 beds for women and 10 beds for the critically ill. This project is expected to be completed by the latter part of this year.





*A Free Home For Senior Citizens*



Experience True Happiness at Anandam

# ANANDAM

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 ANANDAM TRUST ( Youtube  
channel)

## CELEBRATE SPECIAL DAYS

With our Elders!  
It could be Birthday,  
Wedding day, Remembrance  
day, etc. Please contact us  
for more information.

 [@anandamchennai](https://www.instagram.com/anandamchennai)