



Anandam

A Free Home For Senior Citizens

# ANANDAM

QUARTERLY NEWSLETTER

## ANANDA NAVARATRI !

The festival of Navaratri was celebrated in complete grandeur for almost a month at Anandam!

PAGE 3

## CYCLONE MICHAUNG RELIEF

During the recent floods, we prepared nutritious food, packed and distributed it to the flood-affected people.

PAGE 4

## HEARTFELT YATRAS!

O Ranga! We all chanted in unison this time at Sri Rangam, as part of our yatra !



PAGE 3 | NAVARATRI GOLU THEMED "HEALTHY CHENNAI"



PAGE 4 | DIAMONDS !



PAGE 7 | PREVENTIVE CHECKUP BY PENNALAM



PAGE 4 | FLOOD RELIEF

# EDITOR'S NOTE



Greetings to you for a happy and prosperous 2024!!

We are happy to state that we have completed 20 years of devoted service to elders and the Public, with our different initiatives, which would not have been possible without your unstinted support and encouragement. Here is another newsletter with you. We are glad to keep you posted with updates. Of special mention will be the completion of one year of Anandam School for special children and our plans to construct ANANDAM COMFORT CARE CENTRE to care for our elders who become unwell.



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

## PONGALO-PONGAL AT ANANDAM



Pongal was celebrated at Anandam with grand shows by folk artists, songs by 'Raindropss Charitable Foundation' and talent display by school children. As usual "Raindropss" celebrated Pongal at Anandam, with all grandeur. There was a display of native folklore dances by experts in the line and a happy kummi-attam by our elders. Eminent personalities participated and made the celebration a grand one. We had arranged for a merry-go-round, mehendi, village food and music and dance events for our elders. The education centre students, special school students and their parents participated in the festivities with enthusiasm and joy. The inner child in each person was brought out here and we could see it in their large smiles.

# ANANDA NAVARATHRI

Anandam invited the Goddesses Durga, Lakshmi and Saraswathi during Navarathri with a beautiful thematic Golu display.

The theme for this year was “Healthy Chennai”. We saw the parents of special children pitching in to prepare beautiful and informative charts about human anatomy and ways to keep the organs healthy through good food habits.

The tabloid “Town News”, honoured us with a special award for the educative and thought-provoking Golu display.



## NAVARATHRI MUSIC FESTIVAL



Music is an inseparable part of Navarathri celebrations. We had music concerts on all days by eminent artistes and promising young performers.

The “Dance drama” on Sangeetha Pitamaha Shri Purandaradasa’s life by the students of ‘Madhura Ganalaya’ was a feast to the eyes and ears. Our elders, many of whom are well trained in Carnatic music, enjoyed the concerts and also sang along.





## FLOOD RELIEF - FOOD DRIVE

During the recent floods, we prepared nutritious food at our kitchen, hygienically packed them and distributed it to the flood affected people on a daily basis for 20 days. We had appreciation pouring in from different quarters for the timely service rendered by our elders.



## DEEPAVALI CELEBRATIONS

With the support of all our well wishers, we had given new clothes to all our elders, the students and teachers of our Special School, Education centre as well as the staff of Anandam. Our elders revived their childhood memories of bursting crackers and enjoying the Deepavali celebrations by lighting up Anandam with traditional wick lamps. Donors and well-wishers added to our joy by visiting Anandam on Deepavali.

## WORLD TELEVISION DAY

Entertainment for our elders is also a priority. World Television Day was celebrated as our elders enjoyed viewing television programmes, especially serials, news items cine snippets and sports.



## ANANDAM DIAMONDS BIRTHDAY

From this year, we have started celebrating the birthdays of our elders in a unique way. On the last day of the month, all the elders who had their birthday during that month are given a crown and they joyfully cut a cake; this is Anandam's unique way of honouring elders and also giving them an experience of celebration of things dear to their hearts.



## DIGITAL CLASSROOM

We have provided an array of computers in a special classroom and our Students from Class VI to Class XII are given training in the basics of operating a computer. Once they pass out of class XII they will have mastered the basics and be confident to face higher education as well as a work atmosphere wherein the use of computers has become the norm.



## BEST EDUCATION

Evening tuition is handled by qualified, dedicated and service minded teachers who place the progress made by the under-privileged students a priority. Emphasis is given on understanding of concepts, presenting them correctly in the internal assessment work as well as in the final examination. The dedication of teachers is reflected in the results being achieved in the public examinations every year.



## STUDENTS OF OUR EDUCATION CENTRE WITH TEACHERS



We have 270 students from class III to class XII and 25 dedicated teachers.

# 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 three 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.



**bounteous**

We are thankful to Bounteous Digital Private Limited for their support for Education Centre

# 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.



## LAURELS!

Students of our Special School participated in various competitions and won many prizes among various special schools



Anandam special school has been recognized by the Directorate of differently abled. The School had a distinguished visitor in **Shri Kamal Kishore IAS, Director, Directorate for the Welfare of the Differently Abled**. He visited the School, studied the facilities given and appreciated the way it is run.

## MERRY CHRISTMAS

Christmas was celebrated in a grand manner at Anandam Special School with ornaments and lights decoration with an illuminated Christmas tree.



## PONGAL CELEBRATIONS!

The students of the special school celebrated Pongal with cultural performances like Kolattam, Mayil attam, parai, folk songs, dance and acrobatics. Special mention to the volunteers from Veltech college for their active participation in the celebrations.







## PONGAL FEST IN GOSHALA

Pongal was celebrated with all pomp and pageantry at Anandam Hari Goshala, Melkondayur. The special event was a flute recital by the renowned flautist Shri Sridhar the calves surrounded the musician which was a novelty to all

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

## FUTURE PROJECTS OF ANANDAM

### 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.



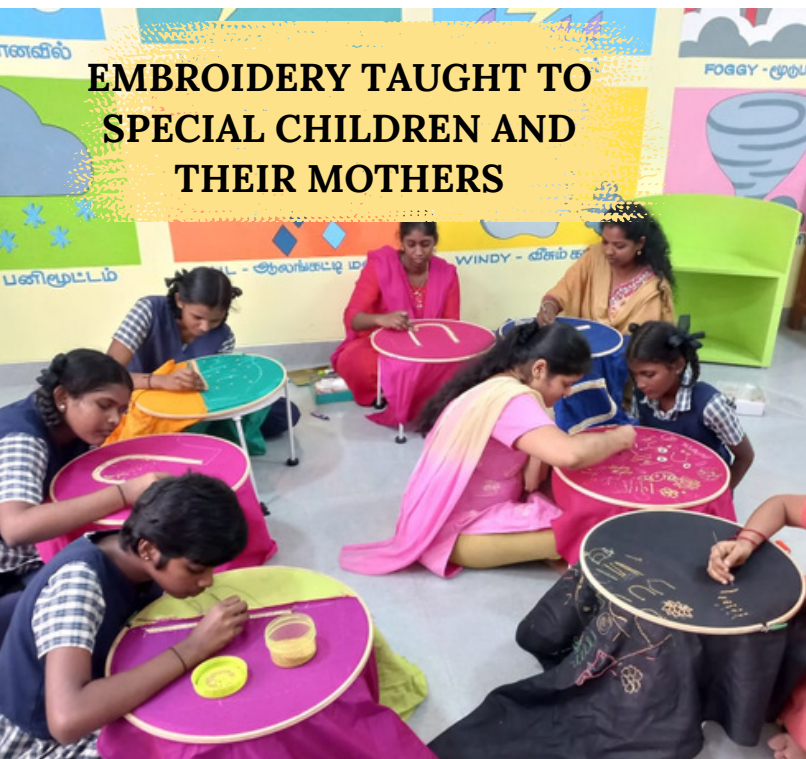
### A FREE PALLIATIVE CARE

Anandam has witnessed the suffering and demise of our elders due to the scourge of cancer. We could offer limited Palliative Care for them. To provide expert and complete Palliative Care for the poor and needy, we have purchased a plot of land with a building overlooking a large water body, where we propose to construct a Palliative Care Centre to accommodate 50 persons. Our motto is that these persons have lived with dignity and should leave with dignity.





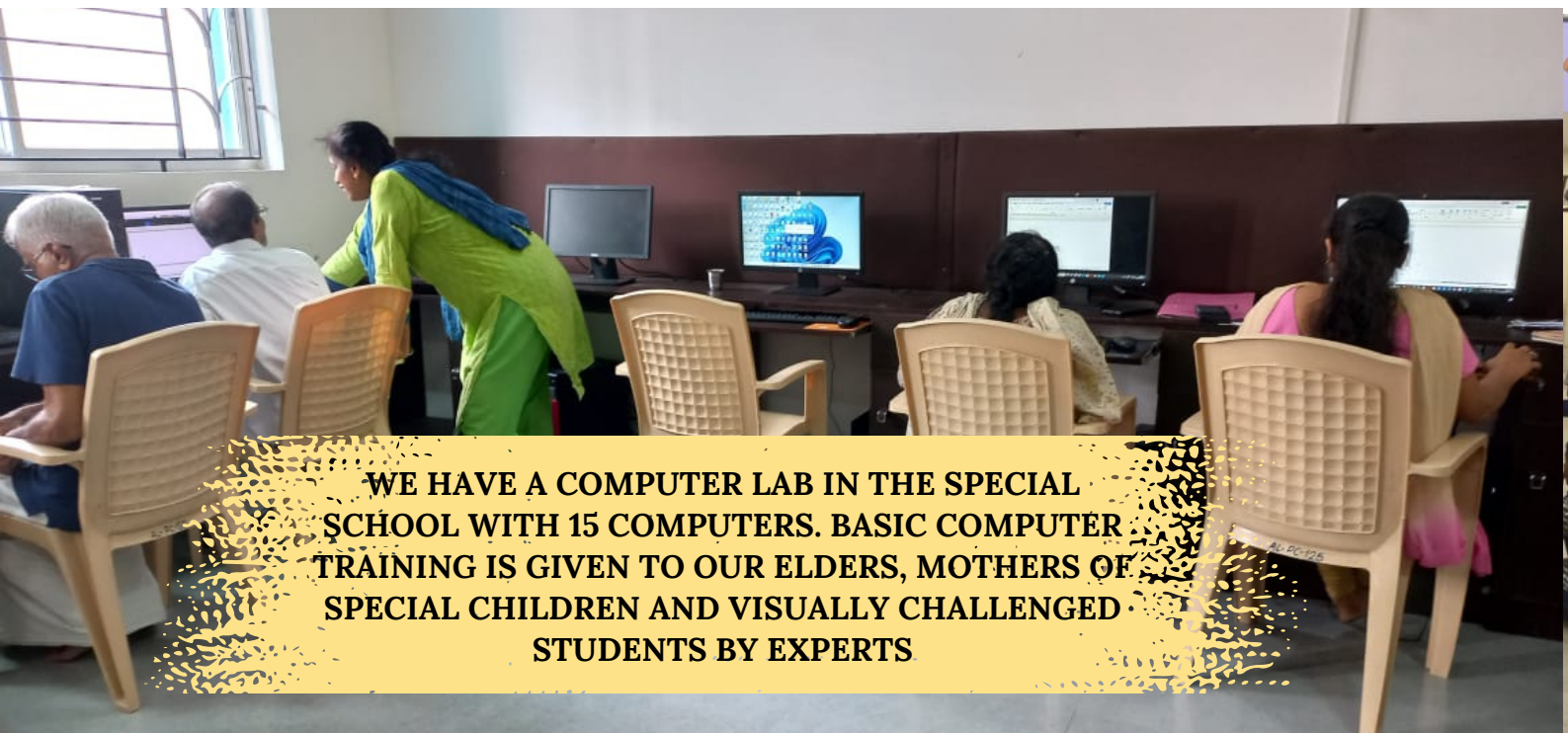
**TAILORING TRAINING GIVEN TO MOTHERS OF THE SPECIAL CHILDREN BY TRAINED TEACHERS**



**EMBROIDERY TAUGHT TO SPECIAL CHILDREN AND THEIR MOTHERS**



**MRIDANGAM PLAYING AS A THERAPY**



**WE HAVE A COMPUTER LAB IN THE SPECIAL SCHOOL WITH 15 COMPUTERS. BASIC COMPUTER TRAINING IS GIVEN TO OUR ELDERS, MOTHERS OF SPECIAL CHILDREN AND VISUALLY CHALLENGED STUDENTS BY EXPERTS**



*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.



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