



DAAN UTSAV 2020 – MUMBAI FIRST REPORT

Daan Utsav or Joy of Giving Week happens annually between October 2nd and October 8th every year. This year, Mumbai First & its Associates collaborated for Geriatric Care.

Globally, the elderly had been experiencing a difficult time owing to the pandemic. This included experiences of feeling excluded, tired, lonely, neglect being away from their loved ones, difficulties coping with adaptation to technology, anxiety, depression etc. The City of Dreams which was otherwise buzzing with activities for people of all age groups seemed to have taken a heavy toll on the elderly, quite unfortunately.

To break away from this rather glum situation and in continuum with the true spirit of Daan Utsav, Mumbai First and its associates curated the week of Joy for the elderly. This week had professionals in the field of mental health, artists, wellness coaches, nutritionists, doctors come together for the well-being of the elderly. Vibrant, virtual, sessions were organized for the elderly through the week.

Mumbai First in collaboration with Adhata Trust hosted a seven-day thematic virtual event for Daan Utsav - Joy of Giving Week between the 2nd and 8th of October, 2020. Each day had 2 sessions that were curated specially for our elderly friends.

Day 1 witnessed a 'Zumba for the Elderly' conducted by Ms. Vruti Chhadva and a live interactive session on 'Embracing Life with Positivity' from Dr. Prachi Bedekar. The session was a mix of a well-placed, energetic session of dance moves along with tips on nutrition, healthy lifestyles and quick fixes to anxiety faced by the elderly owing to the ongoing pandemic.

Day 2 witnessed an Interactive session on 'Breath in Life' conducted by Mr. Pravin Manker and a "Magic Show" with Magician Chirag Jethwaney. Mr.Manker shared the importance of purpose and living in the present with the virtual audience present. This was followed by a breathtaking session of rare and mind boggling tricks by a very accomplished magician and renowned mentalist, Chirag.

Day 3 witnessed an astounding Indian Classical Music Show played on the electric guitar by Mr. Aniket Gundewar, a "Musical Evening" with Magician Ms. Evita Mendonca and a "Fusion Dance" session conducted by Mr. Robin Tusamar. While Evita took the virtual audience down memory lane with her performance of old Hindi Film music and a few English Hits, Aniket enthralled the audience with his abilities in classical music using the electric guitar. Robin Tushamar had the young at heart grooving to some music and urged them to dance with a sense of abandon, not having to worry about who was watching.

Day 4 witnessed a "MANAN - Dance and Movements Session" by Ms. Nandini Ray and Ms. Vidhya Shenoy from The Blue Sphere. Manan was an assimilation of Dance, Music, Drama, Art and Movements that we assimilated to create a session which is tailor made for the benefit of the elderly population. An initiative for the elderly - where they got the opportunity to release, express, enhance emotions as well as build their social, cognitive, physical selves.

Post the MANAN session, some exercises were shared to help with fine motor control, gait and balance of older adults thereby improving their ability to perform activities of daily living and maintain their independence. fine motor skills were shared and virtual audiences were urged to practice the same.

Day 5 witnessed a "Yoga for Senior Citizens" session with Ms. Gayatri Thakkar -this yoga session was curated specially for the elderly. The session combined yoga asanas and laughter therapy for senior citizens. Mumbai Storytellers Society presented 'Kahaniyon ka Guldasta', a bilingual storytelling session along with representatives from the Mumbai Story-tellers Society.

Day 6 was a live session on 'Brain Gym - Brain and Memory Exercises' for the elderly. Session 1 conducted by Dr. NN Prem provided a theoretical understanding into the process of aging and Ms. Amruta Lovekar walked the audience through a handful of exercises that help keep the brain sharp.

Day 7 witnessed a session on 'The Concept of Ikigai' with Ms. Vinaya Vaishampayan and a 'Traditional Garba' session with Ms. Mitali Raul. She choreographed a song and showcased a performance specially for the elderly.

ABOUT THE ORGANISERS

Mumbai First is a not-for-profit think tank which aims at making Mumbai a better place to live, work and invest in. As a think tank and catalyst between Industry and Government, Bombay First has in the 25 years, been working relentlessly towards its vision of transforming the Mumbai Metropolitan Region (MMR) into a world class city for its citizens and the most preferred destination for business.

Adhata Trust was formed as a social initiative for the welfare of senior citizens. It focuses on building community centers and caters to the psycho-social needs of senior citizens. Adhata Trust believes strongly in the concept of "Positive Ageing" and "Ageing in Community". They aim to bring joy, happiness and grace by boosting the self-morale and dignity of older persons. *At Adhata, they strive to create a loving and nurturing environment which brings senior citizens together and helps them lead fulfilling lives.*

OUR COLLABORATORS

