

Project

ANANDYAAN

"Vehicle to Happiness"



IMPACT REPORT

PREPARED BY
ROTARY CLUB OF BOMBAY
RY 2024-25

Anandyaan: Bringing Happiness to Underprivileged Elders in Mumbai

Launched in 2017, Ananda Yaan, meaning "Vehicle to Happiness," is a unique day care center dedicated to providing a safe and joyous haven for underprivileged elders in Mumbai. With a focus on fellowship, inner growth, health, entertainment, and community celebrations, Ananda Yaan is transforming the lives of over 300 senior citizens across its three centers in Byculla, Mazgaon, and E. Moses Road.

Addressing a Crucial Need

Many underprivileged elders in Mumbai face challenges such as isolation, lack of support, and declining health, leaving them vulnerable both socially and emotionally. Ananda Yaan steps in to provide a structured environment filled with wellness programs, recreational activities, and celebrations, ensuring that these elders feel supported, active, and valued.

Key Offerings and Experiences

A Holistic Day Care Experience: At Ananda Yaan, seniors can enjoy a warm and welcoming environment where they can participate in yoga, Zumba, meditation, and creative workshops. Recreational activities like music, art, and board games are provided to promote physical and mental engagement.

Celebrating Special Moments

The center organizes vibrant celebrations for festivals like Diwali, Christmas, Holi, and Ganesh Utsav, fostering a spirit of togetherness among the members. Picnics, movie nights, and temple visits offer opportunities for new experiences and cherished memories.

Health and Wellness Focus

Ananda Yaan places a strong emphasis on the health and wellness of its members. Tailored yoga and Zumba classes help improve flexibility, strength, and mental well-being. The center also offers medical support, including cataract surgeries, health camps, and regular check-ups to ensure holistic health among the seniors. Doctors is visiting all three centres twice a week.

Social Engagement and Bonding

Encouraging fellowship and friendships, Ananda Yaan helps build a sense of community among the elders. The centers provide dedicated hours for personal time daily, fostering inner growth and emotional healing among the members.

Centres Locations and Timings:

- 1.E.Moses Road (Monday To Friday 11:00 am TO 1:00 pm)
2. Byculla (Monday To Friday 03:00 am TO 05:00 pm)
3. Mazgaon (Monday To Friday 03:00 PM TO 05:00 pm)



Initiatives of Anand Yaan

Dance Dhamaka - Our senior members met regularly to rehearse, turning the challenge of learning dance steps into an enjoyable and fulfilling activity. The event was a clear indicator that creativity and enthusiasm do not wane with age—they only grow stronger and more vibrant.



Annual Sports Day 2025 - on January 4th, 2025, was a delightful celebration, brimming with fun, laughter, and the indomitable spirit of 250 enthusiastic elders who arrived well before time, eager to participate. The joy of winning medals and certificates was evident, but the day's true highlight was the shared community spirit, making everyone feel valued and connected.



Anand hi Anand - On 5th February, the 'Anand hi Anand' musical programme took place, which was an experience dedicated to celebrating the joy of music. The event featured an amazing performance by the Shankar Mahadevan Academy teachers, who mesmerized the audience with their soulful tunes. The Mazagaon Centre members also showcased their musical talents, thrilling the audience with their vibrant performance.

Bag Full of Happiness - This initiative was done with 55 ladies from Anand Yaan, E Moses centre. Alongside 25 of our dedicated members, they set out to paint beautiful tote bags and nurtured their inner creativity.



Back To Childhood - This initiative was done with 65 ladies from Anand Yaan, a part of the Rotary Club of Bombay. Alongside 35 of our dedicated members, we played traditional childhood games. The aim was to help the ladies relive their childhood and to bring smiles to their faces.



Cataract surgeries for elderly individuals from low-income families.



Christmas and Seniors - Elders at all three centres, all dressed in red sarees, made delicious snacks and celebrated the festival with a Potluck.

EXPENSE AND PARTICIPATION COUNT

We extend our gratitude to the donors and Rotarians who have generously contributed to this valuable initiative. Please find below an overview of the expenses incurred in last 2 years and the past few years participation numbers for your information and reference.

Anand Yaan All 3 Centre Expenses from 01.07.2023 to 30.06.2024 (RY: 2023-24)

Particulars	Byculla Centre	E-Moses Road	Mazgaon Centre	Total	Average
Donation to Dignity Foundation	1,011,834	1,008,176	828,594	2,848,604	237,384
Medicines Bill	3,317	3,317	3,317	9,951	829
Diagnostic Tests for Cataract	-	-	-	-	-
Cataract Eye surgeries	5,000	20,000	60,000	85,000	7,083
Annual Musical Evening Exp	-	-	276,270	276,270	23,023
Other Event Expense	57,025	57,025	57,025	171,075	14,256
Total (A)	10,77,176	10,88,518	12,25,206	33,90,900	2,82,575

Anand Yaan All 3 Centre Expenses from 01.07.2024 to 30.06.2025 (RY: 2024-25)

Particulars	Byculla Centre	E-Moses Road	Mazgaon Centre	Total	Average
Donation to Dignity Foundation	1,218,512	1,262,942	963,902	3,445,356	287,113
Medicines Bill	5,070	5,070	5,070	15,210	1,268
Diagnostic Tests for Cataract	8,000	8,000	8,000	24,000	2,000
Cataract Eye surgeries	85,000	40,000	65,000	190,000	15,833
Annual Musical Evening Exp	-	-	108,595	108,595	9,050
Total (A)	1,316,582	1,316,012	1,150,567	3,783,161	315,263

Year	Avg. Registration Count Per Month	Avg. Participation Daily
2021-22	71	61%
2022-23	90	75%
2023-24	95	69%
2024-25	91	60%

Outcome

- Around 300 elders engage in activities at three Mumbai centers daily.
- Enhanced physical health from consistent fitness programs and medical assistance.
- Improved emotional well-being through companionship, reduced isolation, and shared experiences.
- Strengthened empowerment among seniors who feel appreciated, healthy, and part of a supportive community.

Media Coverage

