

ARDSI Calcutta Chapter



Remember Those Who Cannot Remember

**ALZHEIMER'S AND RELATED
DISORDERS SOCIETY OF INDIA**

CALCUTTA CHAPTER

www.ardsikolkata.org

CARE & SUPPORT FOR DEMENTIA

ANNUAL REPORT 2024-2025



ARDSI Calcutta Chapter is a registered society under West Bengal Societies Registration Act. Our mission is to create widespread awareness and acceptance of Dementia throughout Eastern India via continued education, advocacy & services.

Our vision is to see an enhanced quality of life for those living with Dementia and their caregivers.

Conceptualized by Smt. Shefali Choudhuri, in her mid-eighties then, in September 1999 on World Alzheimer's Day, she wanted the society to reach out to hundreds of families who had a loved one with dementia at home just like her. Her daughter, Deepika was affected with Alzheimer's in her mid-fifties.

The members of ARDSI Calcutta comprises of family caregivers of persons with Dementia, professional caregivers, specialized Dementia care experts, eminent doctors, including practicing neurologists, psychiatrists, neuro-psychologists and geriatricians, professionals from different fields, eminent personalities from various walks of the society, social workers and persons having compassion and passion for working for the elders and those inflicted by Dementia. ARDSI Calcutta, thus, is endowed with a rich multi-directional expertise and experience devoted to its mission.

For the last 25 years our society has actively catered to the community throughout the state of West Bengal in the following ways –

- Awareness Campaigns
- Memory Screening and Clinic
- Counseling Families
- Dementia Specific Training Workshops
- Daycare Center in Kolkata
- Home Companionship Services
- Caregiver Support Meets
- Outreach Programs
- Publications

The chapter has been adjudged the “Best Chapter” in India twice.

HIGHLIGHTS FROM YEAR 2024-2025

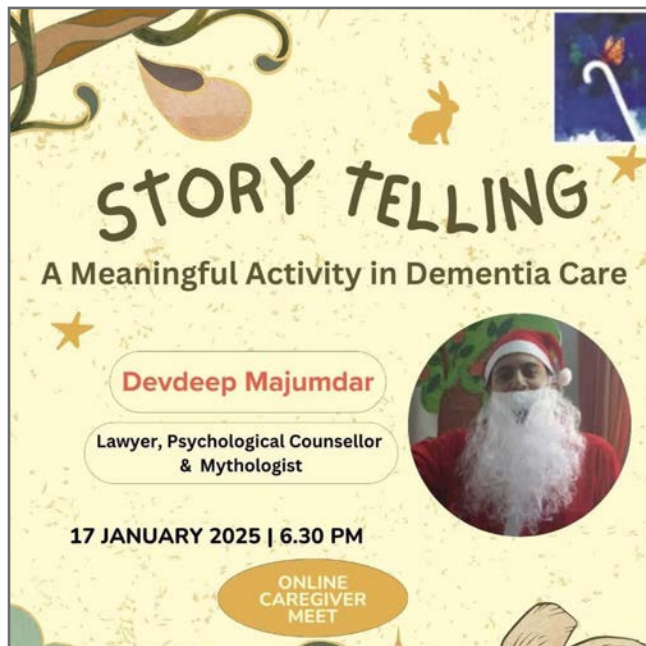
Awareness Programs

15 Awareness programs were conducted both through online platforms & In-person reaching around **1300+** people from clubs, schools, colleges, government offices, consulates, hospitals, and social organizations.



Caregiver Support Meets

12 Family Caregiver Support online meets were conducted presenting a range of caregiver issues and attended by over **350+** participants

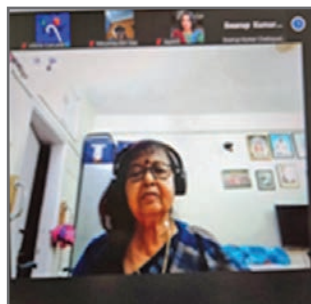


STORY TELLING
A Meaningful Activity in Dementia Care

Devdeep Majumdar
Lawyer, Psychological Counsellor & Mythologist

17 JANUARY 2025 | 6.30 PM

ONLINE CAREGIVER MEET




Online Caregiver Meet

"পারিবারিক ও মানসিক সুস্থতার কথা মাথায় রেখে ডিমেনশিয়া ব্যাক্তার ব্যক্তিদের জন্য একটি ভারসাম্যপূর্ণ ফেলিসিটি ক্রটিন তৈরি করা"

Suparna Bhattacharya
Geriatric Facilitator
Activity Coordinator
Home Companion
ARDSI Calcutta Chapter

Date: 28th March, 2023
Time: 7pm
Zoom Meet



Online Caregiver Meet

SPEAKER: SOMA MUKHOPADHYAY
CHIEF REPORTER, ANANDHAJAZZ PATRIKA & AUTHOR

Date: 21st Dec, 2024 Time: 7:30pm
Platform: Zoom



Online Caregiver Meet

Topic
"Person Centered Nursing Care for Persons Living with Dementia"

Speaker
Mahuya Karmakar
Principal
Peerless Institute of Nursing
Peerless Hospital and B.K.Bag Research Center, Kolkata

28th July at 7:30pm
Zoom Meet



IS YOUR HOME DEMENTIA-FRIENDLY?

Date- 27th October, 2024
Time- 6:30pm

Online Meet: Zoom




Online Caregiver Meet

Topic
'নিজেকে নিজের মতো করে সংযুক্ত রাখা'

Speaker
Priti Sanjal
Poet & A wife caring for her loved one with dementia

28th June 2024 at 7:30pm
At Zoom Meet



Online Caregiver Meet

Topic
"WHAT TRIGGERS OCCUR IN US WHEN WE LOOK AT A PERSON LIVING WITH DEMENTIA?"

Speaker
Nilanjana Maulik
Secretary, ARDSI Calcutta

18th May 7pm
At Zoom Platform



Online Caregiver Meet

Mind, Will, & Heart
The Cognitive, Conative, and Emotional Journey of Dementia Caregivers

Date 21st Feb
Time: 7pm
ZOOM MEET

SAHIL MISHRA
ASPIRING PSYCHOLOGIST
&
HELPLINE COORDINATOR,
ARDSI CALCUTTA CHAPTER

Counselling Sessions-Via Office / Home Visits /Online

- **57** home visits & **24** office visits were conducted to deliver appropriate care plan
- **11** Online Assessments were conducted to support families outside Kolkata

Training Programs

8 Training programs were conducted that targeted Family caregivers, Professional caregivers, Paid help at home, Members from various organizations, Faculties & students of schools & colleges of Bankura, Kolkata, Siliguri. Training was for 1 day, 3 days & 6 days.

Dementia Care Essentials, a 10 hour training conducted at Calcutta Metropolitan Institute of Gerontology as a part of geriatric course organised by National Institute of Social Defence, Govt. of India.



Dementia Training for 2 days at Indian Institute of Cerebral Palsy



Self Experimental Training Workshop for caregivers/ companions of persons living with dementia was conducted at ARDSI Calcutta Daycare Center.



One Day Orientation on Dementia Fundamentals conducted for Students, Professionals & Community Members at ARDSI Calcutta Daycare Center.



Staff Training Workshop on Dementia Care for Thikana Shimla Old Age Home at Asokenagar, Habra.



Students of Burdwan Medical College visited ARDSI Daycare for Practical Training .



Indian Institute of Cerebral Palsy **Trainees** visited ARDSI Dementia Daycare Centre for Practical Training.



Workshops

18 Workshops were conducted last year.

A workshop on Dementia at Brahmananda Kesab chandra College conducted by Nishi Pulugurtha, Nivedita Saha And Shrijani Ghosh.



Under Helpage India's new initiative Project SARTHAK, ARDSI Calcutta was invited to conduct Mental Health workshops with members of Tollygunge Homes, Rabindra Niketan, Dignity Foundation, Kinjal Senior Citizen Association, Nazrul Bhawan, East Kolkata Senior Citizens Forum, Dinante, Garden Reach.





ARDSI Calcutta with National Academy of Sciences, India collaborated to raise awareness of dementia among rural girls & women. 8 workshops in Rural areas of West Bengal like Raidighi Sabuj Sangha, South 24 Parganas, Farakka Social Information Centre, Guskura Samabay Krishi Unnayan Samity, Hooghly, Dharmapur Samabay Krishi Unnayan Samity in Dharmapur, North 24 Parganas, Self-Help Women's Group of Palarah Samabay Krishi Unnayan Samity in Baighati, Hooghly, Chapra Dhantala Samabay Krishi Unnayan Samity, Nadia, Shantiniketan, Ramakrishna Sarada Mission, Gangarampur were conducted.



Workshop for Staff & Volunteers of ARDSI Calcutta was conducted by Sri Somnath Gupta, faculty of Surendranath College. The workshop was designed to equip participants with tools to engage in meaningful self-reflection, thus enhancing their emotional resilience and interpersonal skills.



Memory Screening

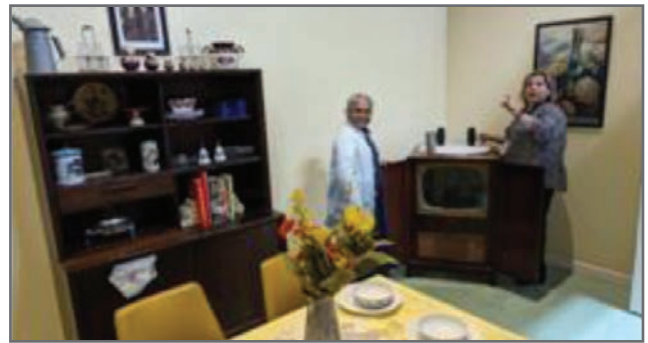
Memory Screening Camps was conducted by ARDSI Calcutta at Sikh Nari Manch & Thikana Shimla awareness event.



Special Events

25 years celebration of the life & service of ARDSI Calcutta Chapter in 2024 began with a conversation on 'Dementia in Cinema' at Kolkata Center for Creativity on 19th of April 2024.



[illegible]

Field Visit by National Institute of Social Defence Trainees at the ARDSI Calcutta Dementia Daycare Centre to experience first hand the practicalities of dementia care.



Indian Institute of Cerebral Palsy Trainees visited ARDSI Dementia Daycare Centre as a part of their Dementia Care Training program.



ARDSI National Conference ARDSICON24 was held on 27th of September 24 where ARDSI Calcutta Secretary Mrs. Nilanjana Maulik joined the conference virtually and presented a talk titled ““Supporting the Supporter”- Learnings from Mistakes”.



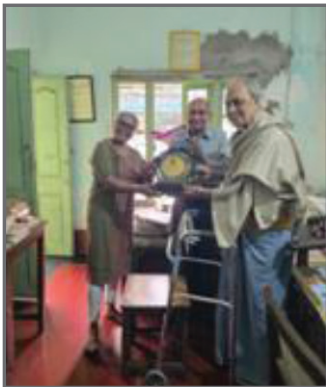
Celebration of International Day for Older Persons was organized by Infinity Group where a discussion on how to best coordinate the needs of elderly population & implement them across the region was held and participation came from many organizations.



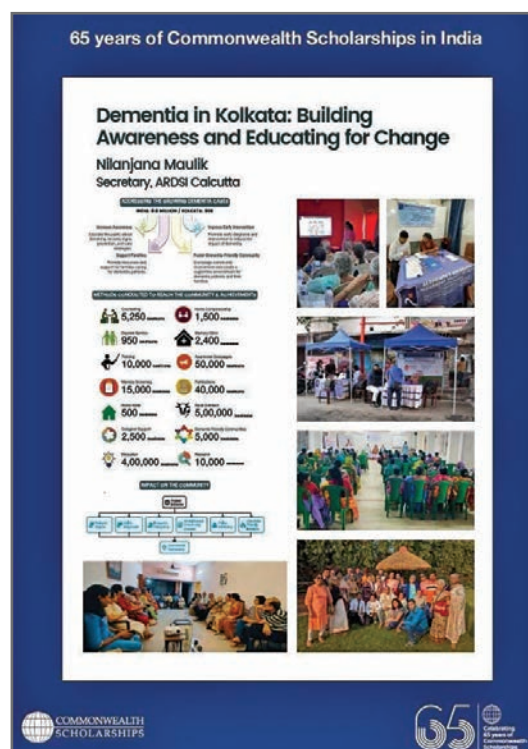
Nilanjana Maulik Secretary, ARDSI CALCUTTA presenting “From Missteps to Mastery” a talk on Dementia skills at DEMCON 24, Bengaluru.



Sri Subhash Guha Neogi, Founder member of ARDSI Calcutta was honoured with a memento for being associated throughout the 25 years journey of the organization.



Nilanjana Maulik, Secretary of ARDSI Calcutta, a Commonwealth Alumni from India presented a poster that was selected and featured at “The Gallery”, British Council, 17 Kasturba Gandhi Marg, New Delhi.



Annual Staff & Volunteer Retreat of ARDSI Calcutta took place at Ranchi. Care staff often face emotional fatigue, especially in dementia care. Time away from regular duties offers a break, reduces stress, and helps prevent burnout. A staff retreat can also be an incredibly valuable tool for team development, morale, and organizational growth.



ARDSI Calcutta was present at an Interactive Session with Mr Thomas J. Bollyky, Inaugural Bloomberg Chair in Global Health at the Council on Foreign Relations (CFR) at The Bengal Chamber premises jointly hosted by The Bengal Chamber of Commerce & Industry, and the U.S. Consulate General Kolkata.



WORLD ALZHEIMER'S MONTH

With the theme, **"Attitudes to Dementia"** ARDSI Calcutta observed WORLD ALZHEIMER'S MONTH in September with many events targeting organisations, colleges, universities, old age homes, restaurants, cafes, print & electronic media within & outside Kolkata. A total of 1000+ people were targeted to understand dementia.

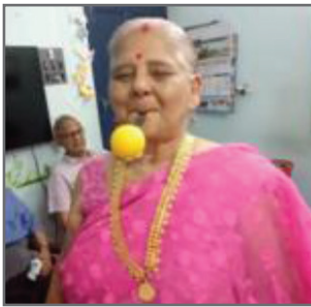


Media Coverage



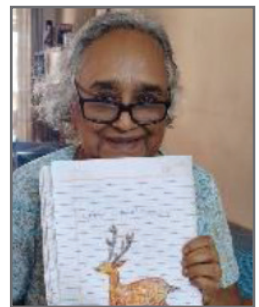
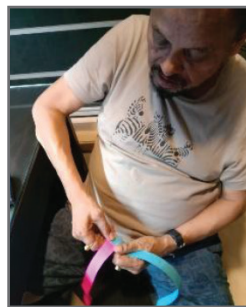
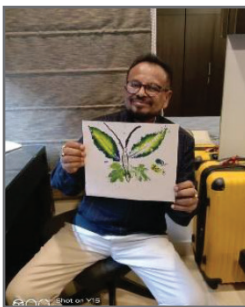
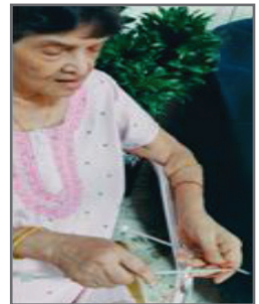
DAYCARE

Daycare was attended on an average by **20** clients per month. Total daycare Days delivered was **287** days.



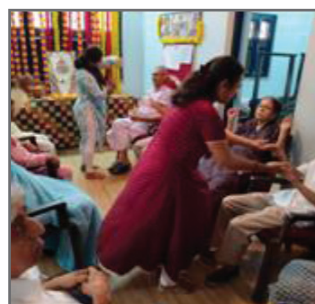
HOME COMPANIONSHIP

365 days of Home companionship service was delivered at the home setting to 38 clients.



SPECIAL DAY CELEBRATIONS

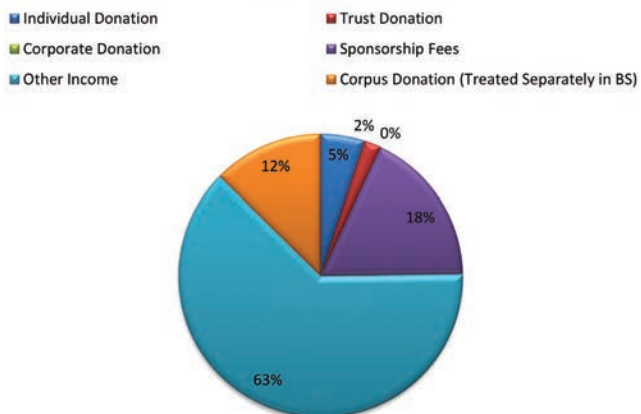
Daycare Center staff and Members celebrated special days throughout the year from Poila Baishakh, Rabindra Jayanti, Ratha Yatra, Rakhi, Independence Day, Bijoya Dashami, Christmas, Annual Picnic, New Year, Saraswati Puja & Holi.



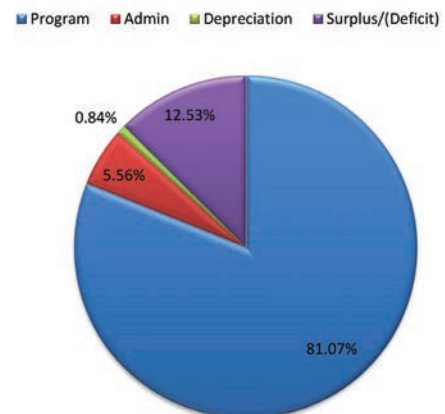


FINANCIAL STORY

Chart Title

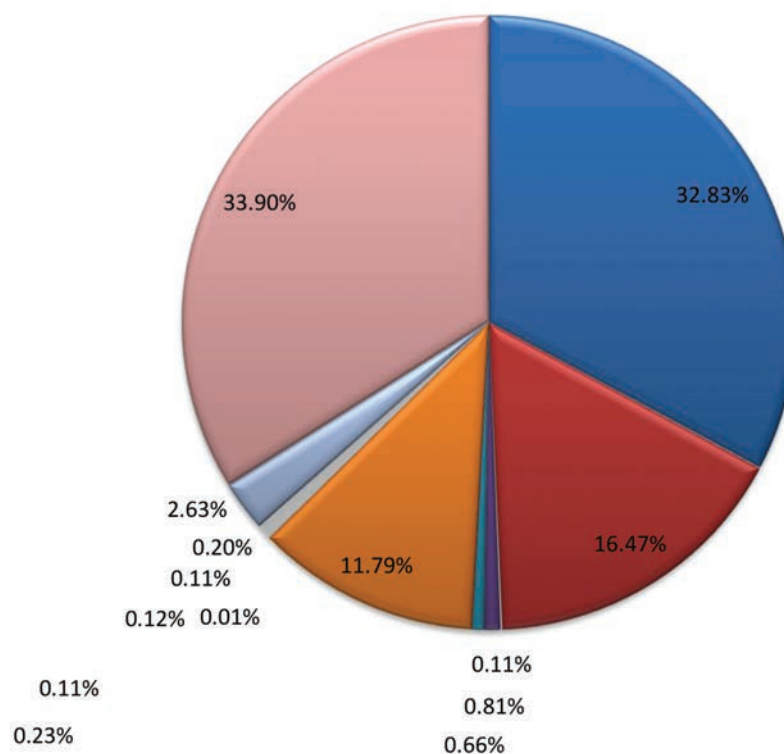


Expenses 2024-25



Program Exp. 2024-25

- Day Care Expenses (Unit 1)
- Chandannagar Project Expenses
- Outstation Awareness Program Exp.
- Celebration of 25th Year Program
- Training Program Expenses
- CMIG Training Program Expenses
- NASI Workshop Expenses
- Day Care Expenses (Unit 2)
- Awareness Program Expenses
- World Alzheimer's Month Expenses
- Dementia Care Training Expenses
- Workshop Expenses
- IICP Training Program Expenses
- Other Activity Expenses



TESTIMONIALS

Testimonials are powerful unbiased voices of real people that are powerful to prove our worth and credibility. They speak about the work we do as an organization and the impact of it on the community. Here are some of them that have come from families who use our services, and from donors who trust our work.

Family Caregivers

ARDSI daycare center fills an important role for our elderly parents with dementia, when their medical condition prevents them from socializing with neighbors and family and friends as they would have before, this curated environment with like peers enables them to feel heard, seen and a little in control of their lives. My mother looks eagerly forward to her weekly visits and is full of stories and animated to share what she did there, it has been a welcome change to her somewhat lonely life.

Bishakha Banerjee

I am the primary care giver for Mr. Pradeep Paul, my husband who has been diagnosed with Fronto Temporal Dementia in August 2022. Our initial days were full of uncertainty and fear and a sense of rejection, "why him". To see a man who has been very alert, prim and proper and a totally self made individual behave exactly the opposite of his usual nature was extremely disturbing and frustrating for the family. At this juncture of our lives came in Mrs. Nilanjana Maulik, a friend, philosopher and guide. She helped me with introducing Srijani from ARDSI who with all her patience, love, care and understanding took charge of Pradeep's mental wellness and they soon developed a beautiful bond. She reads story books to him, they watch movies on the mobile phone, listen to music, play board games, do a lot of other activities together which makes Pradeep a happy soul. Bappa, another devoted person from ARDSI needs mentioning as he takes care of Pradeep's physical wellness, takes him for walks, exercise and swimming. Dr. Debanjan Banerjee's contribution is also immense and worth mentioning, he is extremely assuring and kind. Overall with the guidance and support from ARDSI, Pradeep's condition has not have improved but has certainly stabilised. We as a family do not want his daily life to be compromised so I take this opportunity to profusely thank each and every one in ARDSI who have come to my life as God sent angels and tried their best to make life easier and worthwhile for us. More power to you all.

Arunima Paul

I am grateful to ARDSI Calcutta for the wonderful social services rendered by a dedicated and able team.

Most impressive is the hearty smiling welcome by all ARDSI caregivers when my wife arrives every day. So is at the departure time.

I get a relief time 10am to 4 pm when I can do my own work. It ensures my mental stability.

She was not ready to go earlier. Finally she was told she is working there for which she gets a salary. It motivates her to attend.

Most important- She is now stable. Deterioration is arrested.

With the active help and monthly online interactive classes from ARDSI Calcutta ,I have started learning how to deal with her.

Amal Mukherjee

Our heartfelt appreciation for the incredible care you provide for our mother. Your patience, compassion, and professionalism mean more to our family than words can express. Knowing she is in such kind and capable hands brings us comfort and importantly hope each day.

Best wishes

Dipanwita Bhattacharya & Dipankar Deb

My husband is a Dementia patient, who feels better now. He is waiting for his daughter-like companion SRIJANI. Her company and caregiving makes him happy.

Thanks to ARDSI for providing such love & care. Thanks to NILANJANA MADAM also, who gave me mental strength in a crucial situation.

Sutapa Roychoudhury

We are grateful to ARDSI Calcutta for sending Jayanti as a home companion for my mother. After the sad demise of my father she had become very lonely and depressed. We cannot provide her the time she needs because of our personal and professional commitments. So Jayanti's presence keeps her engaged in different activities. She waits for her eagerly. We are thankful and grateful to her for helping us all deal with a non curable disease like dementia.

Moumita Banerjee

Valpana Dutta

প্রিয় সীমা দেবী,

মুজাম মস্কিনে আমায় বলায় কিছু নেই। ও আমায়ের দরিদ্র আর-
এক নরম হু। এত ভালো করে চাও ও আমায়ের মেয়ে দের
সঙ্গে। উল্লেখ্য আর একটা-জমিন আর-সারব-আমায়ের মেয়ে-
আমায়ের আমায়ের মেয়ে (বসি) আমায়ের, কিন্তু ওর কাজের-
কোন কটা আমায়ের মেয়ে-আমায়ের, ইত্যাদি -

শান্তিপুর

প্রিয় সীমা দেবী

Sukhandu Mondal

Subash ~~he~~ is able to control Baba. We are expecting same and more to grow. He Baba expects Subash to come and he waits for him.

 (Son).

My mother is suffering from vascular dementia. We engaged ARDSI Calcutta consultants from 2023 to come home and help in multiple dimensions. They helped train the caregivers how best to deal with a dementia patient. They also worked with my mother on cognitive stimulation exercises. The consultants were knowledgeable, skillful and empathetic. We believe that involving ARDSI Calcutta has increased my mother's quality of life in her current state of mind. We will recommend ARDSI Calcutta unhesitatingly for patients like my mother.

Sudipta Bhattacharya

Warm greetings to ARDSI Calcutta team.

Caring for a loved one with dementia is a journey of both challenges and quiet joys. In this journey, Mr. Somen Das has been a true blessing for our family and most importantly, for my 86-year-old father.

Every evening, for two precious hours, Somen becomes much more than a caregiver—he is a friend, a companion, a patient teacher, and an encouraging guide. Through his dedication, warmth, and tireless efforts, he has brought a sense of routine and engagement to my father's life. He helps him stay active, occupied, and at ease in ways that words can hardly capture.

For our family, Somen's presence is a source of comfort and hope. The bond he has built with my father is heartwarming, and his role in making this phase of life more meaningful for him is something we will always remain deeply grateful for.

With heartfelt thanks,

Indraj Mal Bhutoria

Life Members



Date: 25-06-2025

We, at Thikana Shimla Senior Citizen Assisted Living Center, Bagpara, Kachua, Asoknagar, have been providing services to the elderly for a long time. We currently have many patients suffering from dementia. To properly handle these patients, we organized a two days workshop from ARDSI Kolkata chapter on 7th & 8th February 2025, where a long discussion was held on dementia care management. All the staff present in this workshop learned to understand dementia patients in a new way and what dementia is? What are its symptoms? The staff got a better idea about how to care for dementia patients.

Some changes have been observed from this training, for example - where earlier they said that maybe the patients did this on purpose, but after taking the training, their idea has changed a lot, now they can easily interact with such patients according to their needs and work in their own way.

We really benefited a lot from this dementia training. We want to be more familiar with such programs in the future.

SD /-

DR. AMITAVA DE SARKAR

A Welfare Organization for the Elderly
Member: AISSCON
www.facebook.com/thikanashimla,
www.thikanashimla.blogspot.in
E mail: thikana_shimla@yahoo.co.in
M: 9330843394, 8902043394

Thikana Shimla

Sahomormi, has been associated with ARDSI Calcutta for nearly three decades, from our organization's start. It's been a great pleasure for us since then as in every way we have got guidance from the team in regarding the residents of Sahomormi with Dementia/Alzheimer's. We thank the team for their continued support and wish them all the very best. Hoping the immense support from the team remains the same so that we can grow further in the days to come.

Biplob Mitra, Sahamormi

I was very much impressed on ARDSI Calcutta activity hearing from respected Sri Subhash Guha Niyogi, the past Treasurer of ARDSI Calcutta and determined to be associated. I believe the hard dedicated task undertaken will definitely come to the real need for the affected people with dementia in the society.

Tapan Kr. Roy

Donors

My husband, Debdas suffered from parkinson's based dementia.

He used to visit Alzheimer's and Related Disorders Society of India (ARDSI) Daycare. I found the supervision, care and assistance of the trained staff and volunteers of the Calcutta chapter of ARDSI very valuable.

The secretary of ARDSI Nilanjana Maulik along with her team maintains this ARDSI-Calcutta chapter very efficiently. I was immensely satisfied with their commitments.

The activities they organized here for the participants were very helpful and used to keep them engaged. Debdas participated in different physical exercises here, under the guidance of experts, which helped him a lot to improve his deteriorating body balance and other parkinson's related complications. He was very happy to stay in this daycare. In our society we need many more such initiatives and opportunities for the people who are affected by this progressive degenerative disease.

More people who are sensitive to the needs of persons suffering from this ailment need to be involved in caregiving.

Awareness regarding the initial symptoms of the diseases and its increasing growth in our community and in our society at large is critical. For that, we need to stand beside ARDSI and co-operate with them. People must be aware regarding this disease, which ARDSI chapters are doing tirelessly. I wish them success in their initiatives.

Bhomra Chatterjee

Our association and journey with ARDSI has been an amazing one. Ms. Nilanjana Maulik and her team of selfless, dedicated and empathetic individuals are truly rare and exemplary.

Being the principal care-giver of my husband who was first diagnosed with Alzheimer's disease way back in 2011, I have turned to Ms. Nilanjana time and time again.....at desperate moments too in the more recent past.

Her in-depth and insightful understanding, as also her analysis of the vagaries of this ailment, always left me amazed. Truly speaking, I learnt much more from her than I did from the very senior Neurologists treating my husband, Bijoy. Very soon I understood that the therapeutic route was more meaningful and effective than just the medicines advised.

Thereafter, I have been consulting Ms Nilanjana (and also Srijani) from time to time, mostly on the telephone as we live away from the city proper.

Every time, in her gentle, calm and extremely patient way, I was shown the way forward. I was hence able to correct and re-calibrate myself for better management..... in very challenging situations. To cite a specific instance, in June 2024, Bijoy had to be hospitalized and was in the ICU for a week. The damage done by the hospital stay to his mental demeanour, took over 6 months to overcome ! Even this would not have been possible had I not had the support of Ms Nilanjana and team ARDSI.

My gratitude to them cannot be put down in words.

Lolita Roy

It is very difficult to put these feelings in words.

For me, donating to ARDSI is "a combination of personal values, emotional connections, and a desire to make a positive difference in the lives of others and experience the fulfillment that comes with giving back".

Personally, I am quite impressed with how the ARDSI Kolkata chapter works. Though my father passed this Feb and we could not help him much with respect to his dementia, I have seen how the people from the Kolkata chapter were eager to help. Please keep up the good work!

Rajarshi Paul

Wish I could be with those forlorn souls much more meaningfully and effectively as you. Let all my empathy reach them.
Thanks and Regards.

Sanchita Dutta

Staff

When I first joined ARDSI Calcutta Chapter, I didn't realize how deeply this journey would shape me — both professionally and personally. It is not just a workplace for me; it has become an institute of learning, where I have discovered the true meaning of empathy, human connection, and purpose.

Working with persons living with dementia and their families has taught me invaluable lessons — especially how to be strong and composed while handling challenging situations with patience and empathy. This journey has deepened my understanding of gratitude, strengthened my ability to stay calm, and awakened a sense of curiosity and creativity within me every single day.

Being a part of the ARDSI team, I can confidently say that it doesn't feel like just a team — it feels like an extended family. We're not just coworkers; we're companions in a shared mission. Each member works with genuine dedication, and the love, support, and warmth they've given me have truly made this place feel like home. I'm deeply grateful to every team member for accepting me, guiding me, and helping me grow — both as a professional and as a person.

The most important part of my journey has been the person who taught me everything I know about dementia care — from the very beginning to where I stand today — Nilanjana Ma'am. I walked into the interview knowing nothing about dementia, but she saw something in me that I hadn't yet seen in myself. Her belief, guidance, and constant encouragement gave me the strength to grow. Thank you so much, Ma'am. I feel privileged and proud to be part of this journey, and I carry the values you've instilled in me in everything I do.

Shrijani Ghosh

Working with ARDSI Calcutta as a Helpline Coordinator has been a deeply meaningful and transformative experience. Over the past months, I have had the privilege of supporting caregivers, family members, and individuals affected by dementia through one of the most vulnerable periods of their lives. The role demanded both emotional sensitivity and practical problem-solving, as caregivers often felt lost and emotionally distressed.

One of the most rewarding aspects was building trust with caregivers, many of whom expressed a deep sense of relief simply by being heard without judgment. I learned how powerful empathetic listening can be, and how important it is to validate the struggles of caregivers while offering relevant information or help. This experience sharpened my communication skills, deepened my understanding of dementia care, and gave me insights into the structural gaps that families face while navigating chronic care.

I also appreciate the opportunity to work with a passionate and knowledgeable team who constantly supported my learning and growth.

This role has reinforced my commitment to work in the field of mental health and ageing, especially in areas involving community-based support systems.

Sahil Mishra

Volunteers

The day I stepped inside the caring walls of ARDSI Calcutta, little had I known that it was going to transform my perspective on life. My name is Devdeep Majumdar and I would like to recount my experience as a volunteer at ARDSI Calcutta Chapter. The day I joined as a volunteer, I was a college student learning about law and psychology, and I must confess that I had never met a person living with dementia before coming to ARDSI. My understanding of dementia was limited to the few paragraphs of my psychology textbook. Therefore I was excited to get the opportunity to learn more about the people living with dementia.

What motivated me to become a volunteer in the first place was my desire to make a difference and Nilanjana Ma'am's passion towards the work and the effort of ARDSI Calcutta to provide a meaningful life to the people living with dementia, truly inspired me and I wanted to contribute towards this initiative.

My days as a volunteer was filled with learning and joy. The entire team of ARDSI Calcutta was warm and welcoming and eager to teach me. I was not just a passive learner but I was made an active contributor in the various activities of the day care centre. It was through my engagement with the people living with dementia that I realised that there is so much more to life which we often tend to forget due to the weight of a medical label. We laughed together, sang songs together, shared stories and most of all learnt from each other. For the reader who is reading this, trust me, they will surprise you with their wit and humour and can still win a dance competition. All they need is an environment which celebrates them and compassionate people to hear them out, because there are lots of stories still unheard, tons of jokes waiting to be cracked and creativity brewing inside them and all they crave is a little bit of our compassion and the willingness to understand their uniqueness.

As a relatively young person in my 20s, the volunteering experience at ARDSI Calcutta was an enriching experience which may not be totally expressed in words.

That feeling of making a difference in the lives of people is something which can only be cherished. There is so much to learn and the work is indeed challenging. However the entire team is so supportive, understanding and passionate that the challenges become conquerable. I am extremely grateful to ARDSI Calcutta for giving me this opportunity to be a part of this noble mission.

Thank You ARDSI Calcutta for enriching my life.

Devdeep Majumdar

I would first consider myself lucky to get selected to know and interact with persons affected with Dementia.

This was my first time interacting under a roof with the residents under the careful and thoughtful guidance of experts in this field. It opened my eyes and heart. I even

shared my experience with my nearest ones how sensitively and maturely the residents are being taken care of and why this is equally necessary like any other ailments or discomforts in a family member.

Lastly being a mother of a child with a hidden disability, Autism this association made me more emotionally connected and conscious.

My regards and best wishes to the wonderful team and companions.

Kamalika Kanungo

Home Companion

First and foremost, I would like to extend my heartfelt thanks to ARDSI Calcutta for accepting me and giving me the opportunity to learn about dementia and serve in such a meaningful way. The training I received was highly professional, and it helped me build the confidence and understanding necessary to support individuals living with dementia and their families.

After completing the training, I was fortunate to begin working as a home companion, and for the past four months, I have had the privilege of caring for people in their daily lives through every up and down. This work has been both challenging and deeply rewarding, and I can truly say that I love what I do.

One of the most important lessons I've learned more is the power of patience, kindness, and presence. When spending time with someone living with dementia, it is essential to be polite, to listen without judgment regardless of whether they are right or wrong and to give them our full attention, even to the smallest word they speak. Communicating one word or one sentence at a time helps them better understand or recall, and that moment of connection can mean everything.

Every individual is different, and every day brings new lessons. Some days are harder than others, but I've learned to accept the situation with an open heart, always reminding myself that the person is not in control of what they're going through. Humility and compassion are our strongest tools.

Working with dementia patients has not only allowed me to help others, but it has also taught me so much about life, resilience, and love. Deep down, I feel immense gratitude for this experience. A very special thanks to Nilanjana Mam who has been guiding and teaching me from day one. Her support and leadership have played a significant role in my growth and understanding throughout this journey.

Thank you again for making me a part of this meaningful mission. Warm regards,

Hasna Das



Secretary's Desk



As we look back on the past year, I feel proud of the meaningful progress we have made in our mission to support persons living with dementia and their families. Our focus on awareness, advocacy, and compassionate care has led to tangible outcomes that strengthen the dementia care landscape in Bengal.

A significant highlight this year has been the decision to start our new Dementia Daycare Centre in the northern locality of the city which is much bigger in space and is also a uniquely stimulating space that will offer person-centred care during the day and much-needed respite for caregivers. The plan is to open the door end of this year.

We also expanded our training and education initiatives, building capacity and empathy across communities.

Looking ahead, we are taking a bold step toward fulfilling a long-standing dream—establishing a Residential Care Home for persons with dementia. This home will be designed to offer not just care, but comfort, connection, and dignity to those who need round-the-clock support.

To make this vision a reality, we invite your support—whether through partnerships, donations, or helping us spread the word. Every contribution brings us closer to building a space where no one faces dementia alone.

With heartfelt thanks to our dedicated team, volunteers, and supporters for your unwavering belief in our work. Together, we have much progress to celebrate — and much work left to do. For the millions of people affected by Dementia today and everyone who will be touched by the disease tomorrow, we will continue our relentless work to ensure everyone in all communities has access to prevention, early detection, treatment, care and, ultimately, cures.

Warm regards,

Nilanjana Maulik

Secretary General

ARDSI Calcutta Chapter



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