

APNA GHAR SAMVAD *New Year Edition*



Where unfamiliar beginnings slowly turn into routine, comfort & a sense of home.



This April edition of *Apna Ghar Samvad* brings together moments that reflect everyday life, shared occasions, and journeys gradually finding stability. Within these pages are quiet reminders of resilience, human connection, and the sense of belonging that continues to grow at Apna Ghar Mahila Ashram.

Over the past months, small yet meaningful steps towards stability and routine have taken shape. Apna Ghar remains a collective effort, grounded in dignity and belonging. Thank you for being part of this journey.

- Aakriti K Agrawal & Ankita K Dalmia





ABOUT US

Apna Ghar Ashram is a humanitarian initiative providing shelter, stability, and support to destitute women who are homeless, abandoned, or unable to return safely to their families. Many require ongoing supervision and a protected environment where they can live with dignity.

In Mumbai, the Ashram is operated by the Shishu Welfare Trust of India and offers long-term care for Mahila Prabhuji's. Residents are provided with safe accommodation, nutritious meals, medical attention, and emotional support within a structured setting.

Guided by the belief that every life deserves respect and protection, Apna Ghar strives to restore dignity, stability, and a sense of belonging.

RESIDENT STATISTICS (TILL MARCH 2026)

A snapshot of our community as on date:

Rescued Prabhujis	101
Discharged, with Family	35
Transferred to Pune Ashram	2
Transferred to Bharatpur Ashram	1
Deceased Prabhuji	3
Total Prabhuji's Present as on 31st March 2026	60

DECEMBER 2025

At Apna Ghar, even the simplest moments - festive or routine - become spaces for connection, comfort, and quiet healing.

WELCOMING THE NEW YEAR 2026

The year came to a close with an evening shaped by warmth, togetherness, and shared presence.

ROSE DISTRIBUTION & BHAJANS

On 31st December, a visitor, Princy Jain, brought roses for every Prabhuji, offering each one personally with time and intention. What seemed like a simple gesture held deeper meaning - each individual was acknowledged not as part of a group, but as a person. The smiles that followed reflected a quiet sense of being seen, valued, and remembered.

As night fell, the Ashram gathered for a bhajan session. Soft voices, rhythmic clapping, and familiar devotional tunes created an atmosphere that felt both calming and grounding.

Prabhuji's, Sevasaathi's, and volunteers sat together - not just marking the end of the year, but stepping into the next with a shared sense of hope, continuity, and quiet strength.



JANUARY 2026

At Apna Ghar, familiar traditions become moments of warmth - bringing colour, comfort, and a sense of togetherness.

CELEBRATING SHARED TRADITIONS

The month unfolded through moments of colour, rhythm, and quiet togetherness - where familiar traditions brought warmth, and shared experiences deepened a sense of connection.

MAKAR SANKRANTI & REPUBLIC DAY

Makar Sankranti filled the Ashram with colour and quiet joy. Prabhuji's gently coloured kites, while volunteers prepared and shared tilgul, adding sweetness to the day. A simple Haldi Kumkum ceremony soon became a shared moment, with everyone joining in - creating an atmosphere of warmth, inclusion, and ease. The day flowed into laughter and music, as Prabhuji's & volunteers came together to dance, celebrating not just a festival, but the feeling of being together.

A few days later, Republic Day brought a different kind of emotion - one of pride and unity. As the tricolour was hoisted, everyone stood together in a moment of quiet reflection. Patriotic songs followed, filling the space with familiarity and connection.

In these shared moments, something deeper unfolds - where tradition gently gives way to belonging, and togetherness begins to feel like home.



MARCH 2026

At Apna Ghar, moments of celebration gently unfold into experiences of warmth, memory & shared joy.

CELEBRATING WOMANHOOD & TRADITION

The month was marked by meaningful celebrations - bringing together care, familiarity, and a sense of connection.

WOMEN'S DAY & GUDI PADWA

Women's Day was observed with warmth and heartfelt appreciation. Students from Shikshalay visited the Ashram and lovingly applied mehendi on the hands of the Prabhuji, filling the space with lightness and joy. As the designs deepened in colour through the day, so did the smiles - each moment carrying a quiet sense of being valued and remembered.



Gudi Padwa brought a sense of renewal rooted in tradition. A sacred Gudi was erected by Prabhuji and volunteers, symbolising hope for the year ahead. The Ashram came alive with bhajans and floral decorations, creating an atmosphere that felt both peaceful and uplifting. A traditional meal of puran poli added a special touch, evoking fond memories and gentle nostalgia.



Together, these moments became more than celebrations - they reflected dignity, familiarity, and a growing sense of belonging.



LIFE THROUGH WEEKLY ACTIVITIES

“Healing happens in the smallest moments of joy.”

At the Ashram, a gentle rhythm shapes each day - where familiar routines offer a sense of comfort, and shared moments create space for emotional ease and balance.

MONDAY - BHAJAN & SPIRITUAL TIME

Singing together, finding stillness.

Monday mornings begin quietly, with a softness that settles into the space.

As Prabhuji, volunteers, and Sevasaathi's gather, the first notes of the bhajans slowly fill the room. Voices rise together, accompanied by the steady rhythm of clapping - unhurried, familiar, and calming. In these moments, there is no rush - only a shared pause.

For many, the melodies bring back fragments of memory, of something once known and felt. Sitting side by side, the act of singing becomes more than routine - it becomes a way of being present, together, without expectation.

Over time, these Mondays begin to feel like an anchor - offering a quiet sense of calm that gently carries into the rest of the week.



MOMENTS OF PLAY & LIGHTNESS

“Sometimes, joy is simply allowing yourself to play.”

Tuesdays at the Ashram carry a lighter rhythm - where the day gently opens into movement, play, & moments of ease. These shared experiences offer space to unwind, express & engage without expectation.

TUESDAY - FUN ACTIVITIES

Joy has no age.

As the day unfolds, small groups begin to gather - some reaching for a ball, others drawn into simple games that emerge naturally. There is no strict structure, only the freedom to participate in ways that feel comfortable and familiar.

Laughter begins to surface - sometimes soft, sometimes full - and gradually spreads through the space. A passing throw, a shared glance, a moment of encouragement - each interaction adds to a sense of lightness and ease.

For many Prabhuji, these moments offer a gentle return to play - something simple, yet deeply uplifting. Over time, Tuesdays become less about the activities themselves, and more about the feeling they leave behind - of movement, ease, and quiet joy.



EXPRESSIONS THROUGH COLOUR & FORM

“Sometimes, what we feel finds its way through colour.”

Thursdays at the Ashram unfold at a slower, more reflective pace - where creativity becomes a quiet way to explore and express.

THURSDAY - ART THERAPY

Every colour tells a story.

During these sessions, Prabhuji are gently guided through creative exercises that invite observation and self-reflection. Simple yet thoughtful themes - like understanding the hand as a symbol of identity - encourage them to see how each part is distinct, yet connected as a whole.

As colours begin to fill the page, patterns inspired by mehendi and mandala art emerge - each design shaped by personal rhythm and choice. There is no right or wrong, only the freedom to create.

In these moments, expression takes many forms - sometimes vibrant, sometimes quiet. What unfolds is not just art, but a subtle process of recognising oneself, building confidence, and finding ease within.

Over time, Thursdays become a space where creativity gently opens the door to awareness, acceptance, and inner calm.



STILLNESS THROUGH SOUND

“In repetition, the mind begins to rest.”

Fridays at the Ashram settle into a quieter rhythm - where sound becomes a pathway to stillness & reflection.

FRIDAY - MANTRA / SHLOKA CHANTING

Calm minds, peaceful hearts.

As the session begins, Prabhuji, volunteers, and Sevasaathi's gather together, and the first chants slowly take form. Familiar mantras are recited alongside Marathi shlokas and bhajans - voices rising gently, finding a shared rhythm that feels both grounding and reassuring.

The repetition creates a steady flow - unhurried, continuous - allowing the mind to quieten and the space to soften. There is no effort to reach anywhere, only the experience of being present within the sound.

For many, these moments offer a sense of comfort and connection to something familiar. Over time, Fridays become a gentle pause - where sound carries calm, and stillness is quietly felt within.



BALANCE THROUGH MOVEMENT

“In every breath, the body learns to soften and strengthen.”

Saturdays at the Ashram bring a quieter kind of energy - where movement is slow, intentional, and deeply grounding.

SATURDAY - YOGA SESSIONS

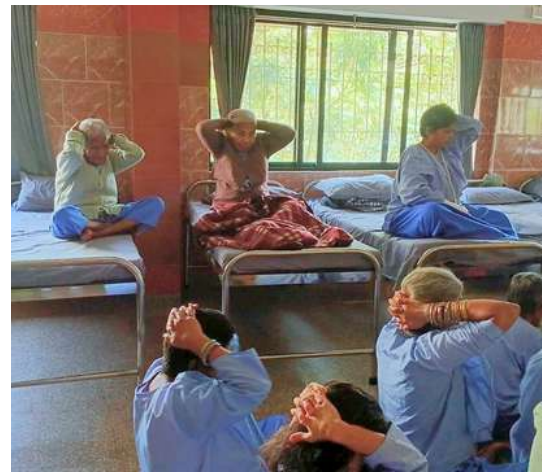
Strength in every breath.

As the session begins, Prabhuji gather on their mats, guided gently by the instructor. Each posture is introduced with care - simple, accessible, and adapted to individual comfort. There is no urgency, only a steady rhythm shaped by breath and movement.

With each stretch and pause, the body begins to loosen, and the breath finds a natural flow. The space feels calm, unhurried - allowing everyone to move at their own pace, without pressure.

For many, these sessions become a moment to reconnect with the body in a gentle, reassuring way. Even the smallest movements bring a sense of ease and lightness.

Over time, Saturdays begin to feel like a quiet reset - where strength builds gradually, balance returns, and the day carries a sense of calm that lingers beyond the session.



HEALTHCARE & CARE SYSTEM

“Healing with care, compassion, and consistency.”

At Apna Ghar, healthcare is approached as a continuous, attentive process - supporting both physical and emotional well-being. Regular doctor visits ensure ongoing monitoring and timely care. Specialist consultations, including dermatological support, address specific needs with attention and sensitivity. Counselling is being strengthened to gently support emotional well-being, while physiotherapy sessions are conducted to aid mobility and rehabilitation. Each step is guided by consistency and care - helping create a sense of comfort, stability, and dignity in everyday life.



DAILY LIFE AT THE ASHRAM

“In small routines, a sense of home quietly takes shape.”

Life at Apna Ghar unfolds through a steady rhythm of care, structure, and familiarity.

From morning routines to shared meals, from daily activities to moments of rest - each part of the day is thoughtfully held. The presence of Sevasaathi's offers reassurance and continuity, ensuring that every Prabhuji feels supported and safe. Over time, these everyday patterns begin to create something deeper - a sense of ease and belonging. Small shifts - a smile, participation, or improved well-being - reflect the quiet impact of consistency and care.



CASE STUDY - FAMILY REUNION OF PRABHUJI POOJA DEVI

A journey of resilience, care, and a joyful reunion.

Basic Details

Name: Pooja Devi (Real Name: Dimple Nishad)

Age: 27 years

Gender: Female

Place of Origin: Kaithi, Varanasi, Uttar Pradesh – 221116

Rescue Date: 17/09/2025

Reunion Date: 17/12/2025

Duration Missing: 13 months



Background & Circumstances

Prabhuji was rescued by the Santacruz Police team, who contacted the Apna Ghar Ashram rescue helpline. She was brought to the Ashram by the police authorities.

At the time of her arrival, she was physically and mentally stable. She communicated clearly and comfortably, and gradually began to feel safe and secure in the Ashram environment.

Life at the Ashram

Upon arrival, Prabhuji expressed relief and happiness at being in a safe and protected environment, rather than living on the streets of Mumbai. She actively engaged in Ashram life, showing a keen interest in dancing and participating in various activities.

She also contributed to daily routines by assisting Sevasaathi's with cleaning and other responsibilities, reflecting a growing sense of belonging and involvement within the community.



"Only a life lived for others is a life worthwhile."

— Albert Einstein

CASE STUDY - FAMILY REUNION OF PRABHUJI POOJA DEVI

A journey of resilience, care, and a joyful reunion.

Family Tracing & Reunion

After celebrating festivals such as Navratri and Diwali at the Ashram, Prabhuji began expressing a strong desire to reconnect with her family. However, she was initially unable to recall any contact details. She mentioned that her husband resided in Varanasi. The Ashram team coordinated with the Varanasi Police, but initial efforts to trace her family were unsuccessful. Later, she recalled her father's address in Kaithi, Varanasi. Acting promptly, the Ashram team contacted the Kaithi Police Station, where it was discovered that her family had already filed a missing person report. Soon after, her father contacted the Ashram. Within two days, her father and brother arrived to take her home, marking a deeply emotional and joyful reunion.

Handover Process

Before the reunion, the Ashram ensured a thorough and careful verification process. Family photographs and identity documents, including Aadhaar and PAN cards, were reviewed. All necessary documentation and formalities were completed by the family. Only after ensuring complete legal clarity and satisfaction was Prabhuji respectfully handed over. The process upheld both her safety and dignity at every step.

Reflections & Impact

This reunion was a deeply fulfilling moment for the entire Apna Ghar family, reflecting the true spirit of Seva and Samarpan. Witnessing Prabhuji return to her loved ones brought immense joy and emotional satisfaction to everyone involved.

Ashram Team Reflection: "Her smile at the moment of reunion made every challenge worthwhile."



Family Reaction: The family expressed sincere thanks for safeguarding and caring for her when she needed it most.

CASE STUDY - FAMILY REUNION OF PRABHUJI PRATIKSHA GHADI

A journey from silence to reconnection and home.

Basic Details

Name: Pratiksha Ghadi

Age: Approximately 47 years

Gender: Female

Place of Origin: 1/5, Shram Saflya Chawl, Sai Vihar,
Tembipada, Bhandup West, Mumbai – 400078

Rescue Date: 24/11/2025

Reunion Date: 30/12/2025

Duration Missing: 2 months



Background & Circumstances

Prabhuji was rescued by the Kapurbadi Police team, who promptly contacted the Apna Ghar Ashram rescue helpline. She was then safely brought to the Ashram under police supervision.

At the time of her arrival, she was mentally unstable and unable to communicate clearly. She remained mostly silent during the initial days, making it difficult to understand her background or trace her family.



Life at the Ashram

During her stay at the Ashram, Prabhuji remained quiet and reserved. Although she did not actively engage in conversations, she showed a positive inclination towards work.

She found comfort in participating in daily activities and willingly assisted Sevasaathi's with cleaning tasks. Her involvement in these small responsibilities reflected gradual emotional stability and a growing sense of belonging within the Ashram environment.



"Try to be a rainbow in someone else's cloud."

— Maya Angelou

CASE STUDY - FAMILY REUNION OF PRABHUJI PRATIKSHA GHADI

A journey from silence to reconnection and home.

Family Tracing & Reunion

Over time, Prabhuji slowly began to open up and share fragments of her past with the Sevasaathi's. She mentioned that she lived with her family in Bhandup West. In a significant breakthrough, she was able to recall her husband's contact number. The Ashram team immediately reached out, and soon after, her husband and son visited the Ashram. The reunion was emotional and heartfelt, marking the end of a difficult period away from home.

Handover Process

Prior to the reunion, the Ashram followed a thorough and careful verification process to ensure complete authenticity and safety. Family photographs and identity documents, including Aadhaar and PAN cards, were carefully reviewed. All necessary documentation and legal formalities were completed by the family. Only after ensuring complete clarity and satisfaction was Prabhuji respectfully handed over, maintaining her dignity and safety throughout the process.

Reflections & Impact

This reunion was a deeply fulfilling moment for the entire Apna Ghar family, reflecting the true spirit of Seva and Samarpan. Witnessing Prabhuji return to her loved ones brought immense joy and emotional satisfaction to everyone involved.


Ashram Team Reflection: "In her smile, we found the reward for every challenge."



Family Reaction: Her son was happy to see her after a long time, and Prabhuji became emotional, crying as she reunited with her family and returned home.

OUR PROFILE

General information about our Mumbai Ashram

ORGANIZATION NAME	SHISHU WELFARE TRUST OF INDIA
ADDRESS	Shishu Bhavan, Valentine Complex, Off. Gen A. K. Vaidya Marg, Malad East, Mumbai 400097.
REGISTRATIONS	Registered Under: <ul style="list-style-type: none">• Bombay Public Trust Act 1950, (E-9931)• 80-G & 12-AA under Income Tax Act Order No. AAATS1207PF20213• NITI Aayog Regi. MH/2017/0172058• CSR Reg. CSR00087611
BANK ACCOUNT DETAILS	Account Name: Shishu Welfare Trust of India Bank Name: ICICI Bank Branch Name: Andheri (W) Account Number: 001101227330 IFSC Code: ICIC0000011 
CONTACT NUMBER	+91-8655349942 +91-8655349941
EMAIL	contact@apnagharmumbai.org
HELPLINE NUMBER	+91-8655349940

Healing is not always found in big moments - sometimes, it lives quietly in shared smiles, simple routines & a sense of belonging.