

APNA GHAR SAMVAD *July 2026 Edition*



As the monsoon arrives, it brings blessings, hope and renewed joy.



As the first rains of the monsoon arrive, they bring with them a sense of renewal, gratitude and grace. This edition of *Apna Ghar Samvad* captures moments from April to June 2026 - celebrations, milestones, reunions and everyday acts of care that continue to nurture a sense of family and belonging within the Ashram.

Like the monsoon that nourishes the earth, every act of kindness strengthens our shared journey. We remain deeply grateful for your support, trust and presence in the Apna Ghar family.

- Aakriti K Agrawal & Ankita K Dalmia





ABOUT US

Apna Ghar Mahila Ashram, Mumbai is more than a shelter - it is a home built on care, dignity and togetherness. Operated by the Shishu Welfare Trust of India, the Ashram has the capacity to provide long-term care and support to 110 women who have been abandoned, are homeless or are unable to return safely to their families.

Prabhujis receive safe accommodation, nutritious meals, healthcare and emotional support within a nurturing environment. Every day at Apna Ghar is shaped by compassion, community and the belief that every individual deserves respect, protection and a place they can truly call home.

RESIDENT STATISTICS (TILL JUNE 2026)

A snapshot of our community as on date:

Rescued Prabhujis (From 1st June, 2025)	111
Discharged, with Family	37
Transferred to Pune Ashram	3
Transferred to Bharatpur Ashram	1
Deceased Prabhujis	4
Total Prabhujis present (As on 20th June 2026)	66

HANUMAN JAYANTI CELEBRATION

3rd April 2026

Hanuman Jayanti was celebrated at Apna Ghar Mahila Ashram, Mumbai with deep devotion and spiritual joy. The auspicious day brought together Prabhujis, Sewasathis and committee members in a heartfelt celebration of faith, togetherness and divine blessings.

The celebrations began with a special pooja of Hanuman Ji, filling the Ashram with an atmosphere of reverence and positivity. A touching moment followed as Prabhujis lovingly applied tilak to one another, reflecting the affection, respect and family spirit that binds everyone at the Ashram.

The gathering then came alive with soulful bhajans dedicated to Hanuman Ji and Lord Ram. Prabhujis enthusiastically participated in the singing and prayers, creating an atmosphere of devotion and joy. One Prabhuji accompanied the bhajans on the tabla, while another recited the Hanuman Chalisa with heartfelt sincerity, inspiring everyone present.

The celebration concluded with the distribution of Sev Boondi Prasad. More than a festival, the day became a beautiful reminder of the strength found in faith, the joy of shared devotion and the comfort of belonging to one loving family.



A DAY OF DEVOTION AND TOGETHERNESS

5th April 2026

April brought a memorable milestone for the Prabhujiis of Apna Ghar Mahila Ashram, Mumbai, as many of them attended a devotional gathering outside the Ashram for the very first time.

Hosted by a generous family at Oberoi Esquire, the evening offered an opportunity to experience warmth, community and spiritual celebration beyond the Ashram walls.

The gathering began with a special birthday celebration of one of Apna Ghar's valued supporters, made even more meaningful as the Prabhujiis came together to sing a heartfelt birthday song. This was followed by an uplifting kirtan led by Meghna, Baldev, along with others in Kirtan Mumbai team, with Ambika Devi joining the celebrations. As Krishna bhajans filled the hall, many Prabhujiis enthusiastically participated through singing, clapping and dancing, creating an atmosphere of pure joy and devotion.

Surrounded by trustees, donors, guests and Sewasathis, the Prabhujiis experienced an evening filled with connection, happiness and belonging - returning to the Ashram with cherished memories and joyful hearts.



BMC MEDICAL CAMP

29th April 2026

In April, Apna Ghar Mahila Ashram, Mumbai hosted a medical camp in collaboration with the Brihanmumbai Municipal Corporation (BMC), reinforcing our commitment to the health and well-being of every Prabhuji and Sewasathi.

A dedicated medical team from BMC visited the Ashram with portable X-ray facilities and conducted comprehensive health screenings for all Prabhujis and Sewasathis. As part of the initiative, chest X-rays were carried out to help identify any early signs of tuberculosis, enabling timely diagnosis and medical intervention wherever required.

At Apna Ghar, care extends beyond providing shelter - it includes ensuring access to quality healthcare, preventive screenings and regular medical monitoring. Such initiatives play an important role in safeguarding the well-being of our Prabhujis while fostering a sense of security and reassurance within the Ashram community.



We are grateful to the BMC team for their support and partnership in helping us create a healthier, safer and more caring environment for all.

CELEBRATING FIRST ANNUAL DAY & ANAND MELA

31st May 2026

June marked a truly special milestone as Apna Ghar Mahila Ashram, Mumbai celebrated its First Annual Day. What began as a vision rooted in care, dignity and compassion has, over the past year, grown into a home where women find safety, support and a renewed sense of belonging.

The celebration brought together trustees, donors, volunteers, Sewasathis and well-wishers to reflect on this meaningful journey and the lives touched along the way.

We were honoured by the presence of our Chief Guests, Smt. Sharda'ji and Shri Ramprakash'ji Bubna of Sharda Cropchem Ltd., whose encouragement and support added warmth and significance to the occasion.



CELEBRATING FIRST ANNUAL DAY & ANAND MELA

31st May 2026

A highlight of the day was the Anand Mela, where Prabhujis enthusiastically participated in games, activities and joyful interactions.

The excitement on their faces, the laughter shared with friends and the simple pleasure of receiving small gifts made the celebration truly memorable. A special festive meal enjoyed together further added to the spirit of the day.

As Apna Ghar completed its first year, the celebration became a moment of gratitude - for every act of kindness, every helping hand and every individual who has contributed to building a place where care, dignity and belonging continue to flourish.



PRANIC HEALING SESSION

9th June 2026

A special Pranic Healing Session was conducted at Apna Ghar Mahila Ashram, Mumbai by Mrs. Alka Agarwal and her dedicated team of healers, offering the Prabhujis an opportunity to pause, reflect and experience a sense of inner calm.

The session began with the chanting of Om, creating a serene and uplifting atmosphere throughout the Ashram. This was followed by a guided meditation, during which the Prabhujis were encouraged to relax, focus on the present moment and embrace a sense of peace and mindfulness.

Through various healing and meditation practices, the team guided participants on a gentle journey of relaxation and self-awareness. The compassionate presence of the healers and the tranquil environment helped create a space where the Prabhujis could feel comforted, supported and cared for.

The Prabhujis participated wholeheartedly, embracing the experience with enthusiasm and openness. As the session concluded, smiles, conversations and expressions of gratitude reflected the impact of the afternoon, leaving behind a sense of tranquility, connection and emotional well-being.



HEALTHCARE SYSTEM

"Every individual deserves care that goes beyond treatment."

At Apna Ghar, the well-being of every Prabhuji is supported through a thoughtful and holistic approach to care. Regular medical check-ups, specialist consultations, physiotherapy sessions and ongoing health monitoring help address both immediate and long-term needs. Alongside physical health, efforts are being strengthened to provide emotional support and counselling, recognising the importance of mental and emotional well-being. Guided by compassion and attentiveness, our care system aims to create an environment where every Prabhuji feels secure, valued and supported in their daily life.



DAILY LIFE AT THE ASHRAM

"A home is built through care, companionship, and everyday moments."

Each day at Apna Ghar follows a gentle rhythm that brings structure, comfort and familiarity. From shared meals and daily routines to conversations, activities and moments of quiet reflection, life at the Ashram is centred around dignity and togetherness. Sewasathis provide constant support and encouragement, helping Prabhujis navigate each day with confidence and ease. Over time, these simple yet meaningful interactions foster trust, companionship and a sense of belonging, transforming the Ashram into a place that feels safe, welcoming and truly like home.



RESCUE STORY OF PRABHUJI JYOTI HARNAL

A journey of healing, dignity and hope through compassionate care.

Basic Details

Name: Jyoti Harnal

Age: 39 years

Gender: Female

Rescued From: Pimpripada, Malad East

Rescue Date: 12/05/2026



Background & Circumstances

Prabhuji Jyoti Harnal was found in a vulnerable condition at Pimpripada, Malad East. She shared that she had been undergoing psychiatric treatment and had recently experienced the loss of her mother, a deeply emotional event that significantly affected her well-being. Before these difficulties began, she had been working and supporting her family. She mentioned that her family operated a canteen at Andheri Railway Station, Platform No. 1. Following the loss of her mother and the challenges associated with her mental health, she became separated from her support system and was eventually found in need of care and protection.

The Call for Help

Apna Ghar Ashram received a call on its rescue helpline regarding a woman who required immediate assistance and protective care. Concerned individuals observed that she appeared vulnerable and unable to manage her circumstances independently. Recognizing the need for intervention, the information was shared with Apna Ghar's rescue team.

After the necessary coordination and verification with local authorities, arrangements were made to bring her to a safe environment where her physical and emotional needs could be addressed.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring, all of which have the potential to turn a life around."

— Leo Buscaglia

RESCUE STORY OF PRABHUJI JYOTI HARNAL

A journey of healing, dignity and hope through compassionate care.

The Rescue & Arrival

On 12 May 2026, Prabhuji Jyoti Harnal was rescued and brought into the care of Apna Ghar Ashram. The rescue team first completed the required formalities at Kurar Police Station before safely transporting her to the Ashram in the Apna Ghar ambulance.

Upon arrival, Sewasathis welcomed her with kindness and reassurance. She was provided with an Abhishek bath, clean clothes and a comfortable bed where she could rest peacefully. Nutritious food and drinking water were served and her basic details were carefully recorded. During her initial interactions, she shared information about her family and work background and spoke about the recent loss of her mother. She was also found to be carrying the key to her home. To support her emotional well-being, she was introduced to the Ashram counsellor for assessment and guidance.

Settling into Safety

Over time, Prabhuji Jyoti gradually adapted to the structured routine of life at the Ashram. Sewasathis supported her through regular meals, personal care, medication and daily encouragement. She received psychiatric consultations along with ongoing counselling to help her cope with emotional challenges and adjust to her new environment.

As her confidence grew, she began assisting Sewasathis with ward-related activities and became actively involved in community life. She regularly attended bhajan sessions and yoga classes, finding comfort in the peaceful atmosphere and meaningful daily routine. The consistent care and compassionate environment helped her feel secure, valued and supported.

The Present Moment

Today, Prabhuji Jyoti lives safely at Apna Ghar Ashram under continuous care and supervision. She understands that she is in a safe and supportive environment and has developed positive relationships with both Sewasathis and fellow Prabhujis.

She actively participates in daily activities, bhajans, yoga sessions and community gatherings, remaining an engaged and valued member of the Ashram family.

"Only a life lived for others is a life worthwhile."
— Albert Einstein



FAMILY REUNION OF PRABHUJI SUNITA HANUMANT GHODAKE

A story of reconnection, belonging and the joy of finding home again.

Basic Details

Name: Sunita Hanumant Ghodake

Age: 50 years

Gender: Female

Place of Origin: Sant Dyneshwar Housing Society, Near
Dhangar Baba Temple, Nakhate Nagar, Thergaon, Pune City,
Pune - 411033

Rescue Date: 24/04/2026

Reunion Date: 29/04/2026

Duration Missing: 5 days



Background & Circumstances

Prabhuji Sunita was referred to the Ashram by the Police. At the time of admission, she was mentally stable and able to communicate clearly.

She shared that she belonged to Pune and had been living with her daughter. However, due to ongoing difficulties and distress within the family, she decided to leave her home. Following these circumstances, she came into contact with the Police and was subsequently referred to Apna Ghar Ashram for care, support and protection.



Life at the Ashram

During her stay at the Ashram, Prabhuji Sunita received the care, medical attention and emotional support she required. She was cooperative, understanding and adjusted well to the Ashram environment. Her medical history included a previous paralysis attack.

She also shared that her husband had passed away several years ago and that her mother had recently passed away. Her father is currently living with her sister. Prabhuji Sunita further shared that she had worked in Dubai for several years as a domestic worker. During that time, she was able to save money; however, she stated that her savings were later stolen, an experience that deeply affected her emotional and physical well-being. Throughout her stay, she received appropriate health monitoring and support from the Ashram team.

“Although the world is full of suffering, it is also full of the overcoming of it.”

— Helen Keller

FAMILY REUNION OF PRABHUJI SUNITA HANUMANT GHODAKE

A story of reconnection, belonging and the joy of finding home again.

Family Tracing & Reunion

During her stay at Apna Ghar Ashram, Prabhuji Sunita provided her daughter's contact number. The Ashram team promptly contacted her daughter and informed her about her mother's whereabouts and well-being.

Her daughter visited the Ashram soon thereafter. Upon meeting, Prabhuji Sunita immediately recognized her daughter and the reunion was marked by relief, affection and emotional connection. After completing the necessary verification, documentation and formalities, the family relationship was confirmed and Prabhuji Sunita expressed her willingness to return home with her daughter. She was then safely and respectfully reunited with her family.

Reflections & Impact

This reunion highlights the importance of timely communication, family involvement and compassionate intervention in restoring dignity and emotional stability. Through coordinated efforts and continuous support, the Ashram was able to facilitate a safe and respectful reunion within a short period of time.

Sewasathis' Reflection: *"One of the most meaningful moments at Apna Ghar is witnessing a family come together again. Every successful reunion reminds us that behind every rescue is the hope of restoring connection, belonging and a place to call home."*



Family Reaction: Prabhuji Sunita's daughter expressed immense relief and gratitude upon seeing her mother safe, healthy and well cared for.

FAMILY REUNION OF PRABHUJI SHANTU NANJI CHIKHILIYA

A story of compassion, resilience and the restoration of belonging.

Basic Details

Name: Shantu Nanji Chikhiliya

Age: 75 years

Gender: Female

Place of Origin: Plot No. 523, Opp. Pushpa Sadan, Chinai Wadi, 35th Road, Khar West, Mumbai - 400052

Rescue Date: 05/04/2026

Reunion Date: 11/06/2026

Duration Missing: 2 Months



Background & Circumstances

When Prabhuji Shantu was brought to Apna Ghar Ashram, she was mentally stable but visually impaired and completely dependent on others for her daily needs.

During conversations with the Ashram team, she shared information about her family and mentioned that she had two sons - one residing in Gujarat and the other in Virar. She expressed that she was not receiving adequate family support and had been living without anyone to care for her. Despite her circumstances, she remained hopeful and willingly shared details that could help locate her family.

The information she provided became the foundation for the Ashram's efforts to reconnect her with her loved ones.



Life at the Ashram

At Apna Ghar Ashram, Prabhuji Shantu received regular medical care, nutritious meals and assistance tailored to her needs. Despite her visual impairment, she remained cheerful, cooperative and respectful towards everyone around her.

She formed warm relationships with Sevasaathis, staff members and fellow residents. Her calm nature, gentle personality and positive attitude made her a beloved member of the Ashram community. Although she did not mention any particular hobbies or special talents, her kindness and friendly demeanour left a lasting impression on everyone who interacted with her.

"To care for those who once cared for us is one of the highest honors."

— Tia Walker

FAMILY REUNION OF PRABHUJI SHANTU NANJI CHIKHILIYA

A story of compassion, resilience and the restoration of belonging.

Family Tracing, Verification & Reunion

The reunion process progressed when Prabhuji Shantu's son arrived at the Ashram and identified her as his mother. To verify the relationship, he submitted photographs and supporting identity documents, including his Aadhaar Card and PAN Card. After carefully reviewing and matching the family details, the Ashram team successfully confirmed the relationship. Following the completion of all verification procedures, Prabhuji Shantu was reunited with her son.

Before departure, the family was counselled regarding her care needs and she was handed over with her medicines, marking a joyful and emotional reunion. The reunion was a deeply emotional and meaningful moment. After months of separation, mother and son were finally reunited, restoring a precious family bond and bringing immense joy, comfort and relief to both of them.

Reflections & Impact

This reunion reflects Apna Ghar Ashram's commitment to restoring dignity, belonging and family connections for vulnerable senior citizens. Through compassionate intervention and dedicated family - tracing efforts, Prabhuji Shantu was reunited with her loved ones. The case serves as a reminder of the importance of family care and support in ensuring the well-being of elderly individuals.

Sewasathis' Reflection: *"Reuniting Prabhuji Shantu with her family was deeply rewarding. Such moments strengthen our commitment to serving with compassion and ensuring that every elderly individual feels cared for, respected and valued."*



Family Member's Words: *"Seeing my mother again fills my heart with joy. I sincerely thank Apna Ghar Ashram for taking such good care of her. I will continue to look after her with love, care and respect."*

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: • 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: ICIC00000011 
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— ♦ ♦ —
“Sometimes the greatest gift we can offer is not a solution,
but a safe place to begin again.”
— ♦ ♦ —