APNA GHAR SAMVAD

September 2026 Edition

Because it is the little moments that make a place feel like home.





At Apna Ghar, every day carries its own story - a new smile, a familiar routine, a celebration, or a moment of quiet connection. This edition of *Apna Ghar Samvad* brings together the experiences, milestones and memories that shaped life at the Ashram over the past three months.

Every smile, celebration and small milestone adds something special to life at Apna Ghar. We hope these pages bring you closer to the moments we cherish.

- Aakriti K Agrawal & Ankita K Dalmia





ABOUT US

Apna Ghar Mahila Ashram is a home for destitute women who are homeless, abandoned or unable to safely return to their families. The Ashram provides a secure and stable environment where Mahila Prabhujis can live with dignity and a sense of belonging.

In Mumbai, Apna Ghar is operated by the Shishu Welfare Trust of India, offering long-term residential support along with nutritious meals, medical attention, personal care and opportunities for meaningful engagement. Through a structured daily routine and a dedicated team of Sewasathis, the Ashram strives to create a homely environment where every Prabhuji feels valued, respected and protected.

RESIDENT STATISTICS (TILL SEPTEMBER 2026)

A snapshot of our community as on date:

Rescued Prabhujis (From 1st June, 2025)	124
Discharged, with Family	45
Transferred to Other Ashrams	4
Deceased Prabhuji	5
Total Prabhujis Present (As on 20th September, 2026)	70

COMPREHENSIVE MEDICAL CAMP IN COLLABORATION WITH THE JAY GANESH CHARITABLE TRUST

A multi-specialty health camp brought expert consultations and eye care support to Prabhujis at Apna Ghar Mahila Ashram, Goregaon.

On 28th June 2026, Apna Ghar Mahila Ashram, Mumbai, hosted a comprehensive medical camp in collaboration with the **Jay Ganesh Charitable Trust.** A team of specialists conducted ENT check-ups, eye examinations, dental screenings, gynecological consultations and homeopathic assessments, bringing multiple areas of healthcare together under one roof.

Prabhujis moved through the different consultations at their own pace, receiving individual attention from doctors who approached each examination with patience and warmth. The screenings helped identify concerns that may otherwise have remained unnoticed, particularly among Prabhujis who may not readily express discomfort or health-related difficulties.









More than 20 Prabhujis were identified for ENT follow-up, over five were advised cataract surgery and several received reading glasses during the camp itself. The day highlighted the importance of regular medical outreach in identifying concerns early and ensuring that Prabhujis receive timely attention.

Our heartfelt gratitude to the doctors, specialists and volunteers whose time and expertise made the camp possible.

A CLEARER VIEW, A BRIGHTER TOMORROW. EYE SURGERY OF PRABHUJIS

For six Prabhujis, cataract surgery opened the way to clearer sight and greater ease in everyday life.



For six Mahila Prabhujis at Apna Ghar Ashram, cataract surgery brought the joy of seeing the world more clearly once again. The procedures were performed by **Dr. Rohit Ramesh Modi and Dr. Shraddha Surekha Modi of Sentra Clinic,** whose expertise and generous service made the surgeries possible.

For some Prabhujis, cataracts had gradually made familiar faces, everyday activities and their surroundings increasingly difficult to see. Each Prabhuji was carefully evaluated before the procedure and supported by the medical team and Sewasathis throughout the process.

Post-surgery care, including protective eyewear and follow-up support, helped ensure a smooth recovery. What followed was perhaps the most rewarding part - seeing Prabhujis experience, their familiar surroundings with greater clarity and confidence.



We extend our heartfelt gratitude to Dr. Rohit Modi, Dr. Shraddha Surekha and the entire Sentra Clinic team for helping restore something so precious: the ability to see clearly.

CELEBRATING INDEPENDENCE DAY AT APNA GHAR IN COLLABORATION WITH ROTARY CLUB OF MUMBAI MWE

The Ashram came alive in the colours of the tricolour as Prabhujis and Sewasathis celebrated Independence Day with pride and joy.

On 15th August 2026, Apna Ghar Mahila Ashram, Mumbai, marked Independence Day with a morning filled with patriotism, participation and cheerful togetherness. The occasion began with a **flag-hoisting ceremony,** bringing Prabhujis, Sewasathis, volunteers and members of the Rotary Club of Mumbai MWE together to honour the nation.

The Ashram was adorned with tricolour decorations and marigold garlands, creating a festive setting for the occasion. As the national anthem filled the space, everyone joined in with a shared sense of pride and belonging. The morning continued with a **colouring activity for the Prabhujis,** followed by the distribution of goodies.



Smiles, conversations and enthusiastic participation made the occasion especially memorable. Beyond marking a national day, the gathering gave Prabhujis an opportunity to come together, express themselves and enjoy the simple happiness of celebrating as a community.







DAILY LIFE AT THE ASHRAM

Everyday routines, familiar conversations and simple moments come together to create a sense of comfort, connection and home at Apna Ghar.

Life at Apna Ghar unfolds through simple, familiar routines - shared meals, personal grooming, conversations, moments of rest and time spent together. Sewasathis accompany Prabhujis through these activities, offering assistance when needed and being a familiar presence through the day. There is comfort in this rhythm. Over time, these ordinary moments become part of what makes the Ashram feel familiar and settled, creating a sense of continuity and belonging that turns everyday life into something meaningful.







PRABHUJI GROOMING SESSIONS

Regular grooming sessions offer Prabhujis a refreshing change, bringing moments of confidence, comfort and joy to their everyday lives.

Grooming is an important part of everyday well-being at Apna Ghar. Regular sessions give Prabhujis an opportunity to enjoy a fresh haircut and personal grooming in a relaxed and welcoming setting.

Seema Doshi, Visiting Hairdresser, offered each Prabhuji a haircut with patience and care. The regular hairdressing sessions at Apna Ghar become more than just a haircut - they offer a moment to feel refreshed and comfortable, while adding a little joy and confidence to an ordinary day.





THURSDAY ART ACTIVITIES

Weekly art therapy sessions give Prabhujis a space to explore creativity, develop skills and enjoy moments of expression and togetherness.

Every Thursday, Prabhujis at Apna Ghar come together for an art therapy session led by **Mansi Masurekar, Art Therapist.** Each session introduces a hands-on activity designed to encourage creativity, concentration, patience and fine motor skills. Beyond the activity itself, these sessions offer Prabhujis a regular space to participate, express themselves and take pride in what they create. The shared experience also brings opportunities for interaction and enjoyment, making art a cherished part of their week.







CREATING RAKHIS FOR RAKSHA BANDHAN

Prabhujis expressed their creativity through colourful rakhi-making, crafting handmade rakhis ahead of the Raksha Bandhan celebrations.

On 20th August 2026, the Thursday art session took a festive turn as Prabhujis came together to make rakhis for the upcoming Raksha Bandhan celebrations. Colourful threads, beads, stickers and decorative papers filled the activity space as Prabhujis selected materials and created their own designs. Some rakhis featured bright flowers and stars, while others brought together simple combinations of colours and patterns. Prabhujis proudly admired their finished creations, making the activity both personal and festive. The handmade rakhis added a special touch to the celebrations that followed.







CELEBRATING RAKSHA BANDHAN AT APNA GHAR

Raksha Bandhan brought Prabhujis, Sewasathis and members of the Ashram community together in a heartfelt celebration of affection and belonging.

On 28th August 2026, members of the Ashram Managing Committee performed tilak and aarti for the Prabhujis before tying rakhis, marking the occasion with warmth and festive spirit.

The celebration became especially meaningful as several Prabhujis also tied rakhis to Ashram trustees, volunteers, Sewasathis and doctors. These simple gestures reflected the relationships that have grown within the Ashram - bonds built through familiarity, trust and shared everyday experiences.

The festival offered a moment to pause and celebrate these connections. Amid rituals, smiles and heartfelt exchanges, Raksha Bandhan became a reminder that family can also be found in the people who stand beside us, share our lives and make us feel at home.

At Apna Ghar, the festival brought together tradition and togetherness, creating a memorable day filled with warmth, affection and shared joy.









SAWAN SHIV RUDRABHISHEK: A SACRED MORNING AT APNA GHAR

Prabhujis came together for a sacred Rudrabhishek, creating a serene atmosphere of prayer, participation and spiritual reflection.

On 19th August 2026, Prabhujis, Committee Members and Sewasathis gathered at the Ashram temple for a special Shiv Rudrabhishek during Sawan. The ceremony began with prayers and offerings, creating a quiet and devotional atmosphere across the temple.

At the centre of the ritual was a Shivling beautifully crafted from ice and adorned with chandan and marigold flowers. Prabhujis, Sewasathis and Committee Members took turns offering Belpatra and Panchamrit as the Mahamrityunjay Mantra filled the temple with a sense of calm and reverence.

For the Prabhujis, the occasion offered a meaningful opportunity to participate in a familiar spiritual tradition and come together in prayer. The gentle rhythm of the rituals, sacred offerings and chanting made the morning a memorable and spiritually enriching experience at Apna Ghar Ashram.









ISO AUDIT VISIT

The EN ISO 9001:2015 certification marks an important step in strengthening processes, accountability and standards across Apna Ghar Ashram.

On 13th July 2026, an external audit team visited Apna Ghar Mahila Ashram to review its processes, documentation and daily operations. Following the audit, the Ashram received **EN ISO 9001:2015 Certification from TÜV AUSTRIA,** Certificate No. **10001260019940**. The certification recognises Apna Ghar's commitment to maintaining consistent standards, strengthening accountability and pursuing continuous improvement across its operations and services for Prabhujis. It marks an important milestone in the Ashram's ongoing journey towards stronger systems and processes.





MANAGING TRUSTEE MEETS THE HON'BLE MAYOR OF MUMBAI

The Managing Trustee met the Hon'ble Mayor of Mumbai to share Apna Ghar's work, initiatives and vision for vulnerable individuals.

Apna Ghar Ashram Mumbai was honoured to have its Managing Trustee meet **the Hon'ble Mayor of Mumbai, Mrs. Ritu Tawade** and share the Ashram's work, vision and ongoing initiatives. The Mayor took keen interest in understanding Apna Ghar's approach and efforts towards supporting vulnerable individuals. Her appreciation and encouragement offered meaningful recognition of the Ashram's work, while the interaction provided an opportunity to discuss the importance of sustained, community-led action in building awareness and advancing Apna Ghar's mission.





DAHI HANDI: A JOYFUL CELEBRATION AT APNA GHAR

Govinda Aala Re! *Dahi Handi brought Krishna's playful spirit to Apna Ghar, filling the Ashram with music, laughter and festive joy.*

On 5th September 2026, Apna Ghar came alive with the festive spirit of Dahi Handi. Prabhujis and Sewasathis gathered for devotional songs, lively music and dance before the traditional handi was broken amid cheers and laughter. The celebration brought Krishna's playful spirit to the Ashram, filling the day with energy and joy. Prabhujis participated enthusiastically, enjoying the music, festive atmosphere and shared excitement. It was a lovely opportunity for everyone to come together and celebrate the festival.





WELCOMING BAPPA AT APNA GHAR

An evening of prayers, devotion and togetherness as Prabhujis, Sewasathis and the Ashram community welcomed Lord Ganesha with joy.

On 17th September 2026, Apna Ghar came together to celebrate Ganesh Chaturthi with prayers and devotion. The celebration began with Ganesh Vandana, followed by aarti, as Prabhujis, Sewasathis and members of the Ashram community gathered in prayer. The festive spirit continued with the distribution of modaks, bringing everyone together to share in the joy of the occasion. It was a simple and meaningful celebration filled with devotion, warmth and togetherness.





RESCUE STORY OF PRABHUJI GANGU

From being found alone to finding a place of belonging.

Basic Details

Name: Gangu

Age: 68 years

Gender: Female

Rescued From: Wada

Rescue Date: 04/08/2026



Background & Circumstances

Prabhuji Gangu's journey to safety began on the streets of Wada, where she was found wandering alone, frail and disoriented. She was noticed by Kiran More, a social worker who runs an animal welfare organisation in the area.

Concerned for the elderly woman, Kiran approached her gently and tried to understand where she came from and whether someone was looking for her. But Gangu could not remember her past, her family, or how she had come to be alone. Realising that she needed a safe place and continued assistance, Kiran decided to seek help.

The Call for Help

Determined to find a safe home for Prabhuji Gangu, Kiran More began looking for an organisation that could provide the support she needed. Her search led her to Apna Ghar Ashram, Mumbai, where she reached out to the team and shared Gangu's circumstances.

Unable to recall her identity or family, Gangu could not explain where she belonged. The Ashram team guided Kiran through the rescue process and explained that a formal letter from the Wada Police Station would be required.



"Kindness is the language which the deaf can hear and the blind can see."
— Mark Twain

RESCUE STORY OF PRABHUJI GANGU

From being found alone to finding a place of belonging.

The Rescue & Arrival

Following the Ashram's guidance, Kiran More approached the Wada Police Station and reported Prabhuji Gangu's situation. The police assisted with the required documentation, enabling the rescue process to move ahead.

With the necessary formalities completed, arrangements were made for Gangu to travel to Mumbai. She left Wada in the morning and arrived at Apna Ghar Ashram that same afternoon. After an uncertain period alone and without anyone to turn to, she had finally reached a place where she could begin the next chapter of her life - with a secure home, a daily routine and familiar faces around her. For Gangu, the journey marked a turning point from uncertainty towards safety.

Settling into Safety

At the Ashram, Prabhuji Gangu was welcomed into the ward and given time to become familiar with her new surroundings. The transition from life on the streets to a structured daily routine was gradual, but she began settling in steadily. She started spending time with other Prabhujis, communicating with them and becoming part of the daily rhythm of the Ashram.

These early connections brought companionship into her life and helped ease the loneliness that had surrounded her before. Little by little, the unfamiliar began to feel familiar, and Apna Ghar began to feel like home.

The Present Moment

Today, Prabhuji Gangu is settled into her routine at Apna Ghar Ashram. Once found wandering alone with little recollection of her identity or past, she now has a secure place to live, familiar faces around her and companionship in her everyday life.

Her journey is a quiet reminder of what can happen when someone chooses to stop, notice and help.



"Kindness can become its own motive. We are made kind by being kind."
— Eric Hoffer

FAMILY REUNION OF PRABHUJI BHARTI

After five months apart, a long-awaited journey finally led home.

Basic Details

Name: Bharti Anant Nirgun
Age: 77 years
Gender: Female
Place of Origin: Virar
Rescue Date: 28/02/2026
Reunion Date: 06/08/2026
Duration Missing: 5 months



Background & Circumstances

Prabhuji Bharti was rescued by a woman from her neighbourhood, who found her struggling and in distress.

At the time, Bharti was suffering from a leg injury that made walking difficult. Recognising that she needed medical attention and a safe environment, arrangements were made to bring her to Apna Ghar. Her arrival marked the beginning of a period of treatment, recovery and hope, as the Ashram team supported her through an uncertain time away from her family.

Life at the Ashram

Upon arriving at the Ashram, Prabhuji Bharti received immediate attention for her injured leg. Her recovery required time, patience and consistent treatment before she could walk comfortably again.

Once her leg had healed sufficiently, the medical team addressed another concern: a cataract that was affecting her vision. Surgery was arranged, further improving her ability to move about independently. Throughout her treatment and recovery, Bharti gradually regained her physical strength and confidence, settled into the Ashram routine, while continuing to hope that she would one day reconnect with her family.



"Family means no one gets left behind or forgotten."
— David Ogden Stiers

FAMILY REUNION OF PRABHUJI BHARTI

After five months apart, a long-awaited journey finally led home.

Family Tracing & Reunion

As Prabhuji Bharti's health improved, the Ashram team began working to trace her family. She was able to recall and share her cousin's phone number, providing an important lead. The team made repeated attempts to establish contact and remained persistent despite the initial difficulty in reaching him.

Their efforts eventually succeeded when her cousin responded and arranged for a family friend to visit the Ashram on his behalf. After five months apart, this breakthrough finally opened a path home for Bharti and marked a long-awaited turning point in her journey.

Handover Process

When the day of her departure arrived, Prabhuji Bharti was ready and eager to return home. Before completing the handover, the Ashram team carefully verified the identity of the family friend who had arrived to collect her. His Aadhaar card was checked and the necessary details confirmed, ensuring Bharti was safely released into the care of someone connected to her family.

Reflections & Impact

Prabhuji Bharti's return home was a deeply fulfilling moment for the entire Apna Ghar family, bringing relief and happiness after months of uncertainty.

> **Sewasathis' Reflection:** *"Seeing her regain her strength and finally walk home made every effort worthwhile."*



Family Reaction: Her family was overjoyed to see her safely return after five months apart.

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) • 12-AA under Income Tax Act Order No. AAATS1207P25MB01 • NITI Aayog Regi. MH/2017/0172058 • CSR Reg. CSR00087611 • EN ISO 9001:2015 Certified by TÜV AUSTRIA Certificate No: 10001260019940
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

From a helping hand to a place to call home, every act of kindness can become the beginning of a new chapter.