



Impact Report 2014-2025



DOBARA

Re-imagine the
Experience of Ageing

DOBARA exists to enrich the lives of older adults by fostering inclusive communities that celebrate their contributions, support their well-being and encourage meaningful engagement across generations. By fostering intergenerational engagement, we are committed to nurture lifelong curiosity, honour the wisdom of lived experiences and create communities where older adults thrive with connections, purpose and joy.

Contact: info@dobara.org
Website: www.doboara.org
© DOBARA, August 2026.

All rights reserved. No portion of this publication may be produced in any form, except for brief excerpts, without prior permission of the publisher.
Suggested citation: Reimagine the experience of ageing. DOBARA Impact Report 2014 - 2026.

Comments and inquiries are welcome. Information on use of material in this report for training or research would be appreciated.



Contents

5

From the desk of Ms. Mateen Ansari, Founder, DOBARA

7

Our vision, mission and values

10

Our strategy

13

Context

16

Our timeline

27

Our impact

31

Our initiatives

43

Meaning of DOBARA

47

Our partners



From the desk of Ms. Mateen Ansari Founder, DOBARA



Dear friends, donors and partners,

As I reflect on the journey of DOBARA, from 2014 onwards I am filled with deep gratitude for each one of you who has believed in our vision and walked alongside us. Your unwavering support, generosity and belief in our mission have been instrumental in helping us reimagine the experience of ageing for thousands of older adults across communities.



DOBARA was born from a simple but powerful idea that ageing should not mean fading away, but coming alive once again with purpose, joy, dignity and connection. It is a time to share experiences, pass on wisdom and skills...What began as a movement of empathy and inclusion has grown into a dynamic, thriving community where older adults are seen, heard and celebrated. And none of this would have been possible without you.

Your contributions have enabled us to create safe spaces, meaningful activities, and lasting support systems for older adults. From walk-and-talk mornings, intergenerational storytelling, giving a listening ear to the elderly, to caregiver referrals and wellbeing workshops, every initiative we carry forward carries your spirit of partnership. Together, we have touched lives, with conversations rekindled, confidence rebuilt and loneliness replaced with belonging.

I am truly grateful for your trust as we navigated uncertain times, from the challenges of the pandemic to the evolving needs of our community. Through it all, you stood by DOBARA, helping us adapt and grow, with compassion as our compass.

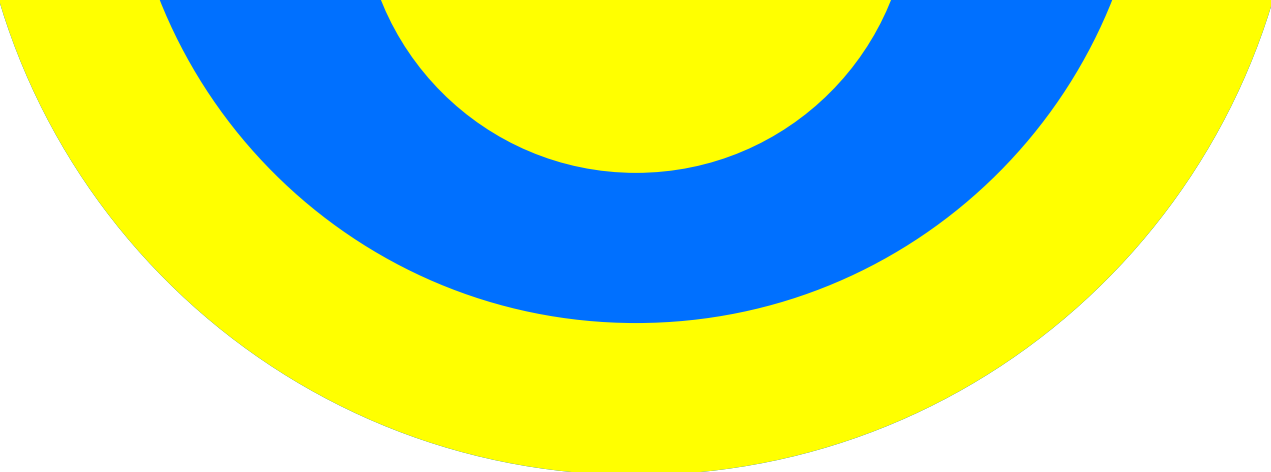
As we move forward into another year of impact, I invite you to stay closely connected with us. There is still so much to be done. With your continued support, we can ensure that more older adults experience the joy of living-valued for their experience and wisdom. Yes DOBARA is here to help Reimagine the experience of ageing!

With deepest gratitude,

Mateen Ansari
Founder, DOBARA



**Our vision,
mission and
values**



Our vision

A society where ageing is celebrated and every older adult feels valued, respected and included.

Our mission

We exist to enrich the lives of older adults by fostering inclusive communities that celebrate their contributions, support their well-being and encourage meaningful engagement across generations. By fostering intergenerational engagement, we are committed to nurture lifelong curiosity, honour the wisdom of lived experiences and create communities where older adults thrive with connections, purpose and joy.

Our values

Our values guide every step we take, shaping how we serve, support and stand beside older adults and their families. They are the soul of our mission and the promise we make to give a purpose to every life we touch.



Dignity and Respect

We believe every person deserves to age with pride, carrying their story with self-worth and the freedom to make choices that honour their journey.



Empathy and Compassion

We lead with heart. We listen with presence, act with kindness and care with courage.



Freedom of choice

We honour the voice and agency of the older adults as they shape their paths and make their choices.



Active engagement

We view ageing as a purposeful experience. We nurture creativity, movement, learning and the joy of giving and receiving.



Intergeneration solidarity

We believe the young and old belong together. When generations connect, wisdom flows, stories live on and communities grow stronger.



Our strategy



At DOBARA, our strategy is guided by one simple truth that every older person deserves to feel seen, supported and valued. We are here to stand by older people who are often overlooked - those facing loneliness, hardship or poor health. Our strategy helps us reach them with greater care, compassion and purpose.

For everyone at DOBARA, our strategy provides clarity and direction. It guides our priorities, informs our actions and ensures that every decision we make is rooted in our mission: to support older people to live with respect, connection and purpose.

Our seven strategic priorities



1

Combat loneliness and social isolation

Create opportunities for meaningful social interaction through community events, engagement activities and volunteer visits and ensure that no older adult ever feels invisible or alone, or a burden to society.

2

Promote healthy and active ageing

Encourage physical, mental and social stimulation to help older adults lead independent, resilient and healthy lives for as long as possible.

3

Champion inclusivity and diversity

Foster an environment where all older adults are welcomed and respected, regardless of background, lifestyle, religion or personal circumstances and celebrate the richness diversity brings to ageing.

4

Empower older adults with purpose and dignity

Provide platforms for older adults to share their skills, experiences and wisdom, restoring their sense of purpose and dignity in society. Actively engage older adults as mentors, storytellers and contributors in the community.

5

Bridge generations through shared experiences

Facilitate intergenerational dialogue and understanding through collaborative programmes that connect young people and older adults promoting empathy, respect and mutual learning.

6

Advocate for older adult wellbeing and rights

Promote age-friendly infrastructure, services and policies by raising awareness among corporations, community leaders and government stakeholders and champion the needs and rights of older adults in public spaces and beyond.

7

Model compassionate ageing communities

Establish and promote inclusive, secure and emotionally supportive, safe community models where older adults thrive and serve as an example of what age-friendly cities and neighbourhoods can look like.



Context

The situation of older adults in the world

125 million people

worldwide are aged 80 or older.

1 in 6

older adults experience elder abuse globally each year.

1 in 3

older adults globally experiences loneliness or social isolation on a regular basis.

80%

of older adults living alone in urban areas report feeling socially disconnected, especially after retirement or the loss of a partner.



The situation of older adults in India

149 million people

in India are aged 60 and above, making up approximately 10.5% of the total population (as of 2022).

Nearly 25%

of elderly individuals live alone, especially women, increasing their vulnerability to loneliness and neglect.

13.4%

of older adults in India frequently feel lonely, with higher rates among women, those aged 80+, and people with chronic illness.

By 2046,

India will have more older adults than children under 14.





Our timeline

The journey of DOBARA

2014

The birth of DOBARA – A vision by Mateen Ansari

The story of DOBARA began with a bold and heartfelt vision by Mateen Ansari, who sought to radically reimagine how society views ageing and challenge stereotypes around ageing and build a positive, inclusive narrative for older adults in India.



2015

Launch of Senior Recreation & Daycare at GYD Healthcare

DOBARA became active in Hyderabad with the launch of Senior Recreation & Day care (SRDC) at GYD Healthcare, Jubilee Hills as a platform for older adults to connect, share, lead active lives and take ownership of their own wellbeing.

2016

Laying the foundation through informal gatherings

We quickly grew into a platform where older adults could be seen, heard and celebrated. Informal gatherings offered a safe, welcoming environment for older adults to share stories, build friendships and simply enjoy each other's company over a hot cup of tea. These gatherings laid the foundation for community-building and collective healing through conversation and laughter.



2017

Official registration of DOBARA as a non-profit organisation

DOBARA was officially registered as a non-profit organisation in Hyderabad, strengthening its foundation for impact, advocacy and expansion.



Introduced Wednesday Wellbeing sessions

We began Wednesday Wellbeing sessions, a volunteer-driven initiative that paired caring individuals with seniors in need of companionship. This programme became a lifeline for many, addressing loneliness and creating lasting intergenerational friendships that brought joy and comfort into the lives of both parties.

Launched Vana Bhojanam

Means, eating in the forest or a meal under the trees, an Indian tradition during the month of Karthik Masam. It is an annual picnic event for older adults to gather under the shade of trees, sharing a simple, nourishing meal while soaking in the sunlight, fresh air and the joy of togetherness. More than just a picnic, Vana Bhojanam is a celebration of life, laughter, and community.

2018

Launch of intergenerational events to bridge generations

Initiated a series of intergenerational events that brought older adults and youth together through shared learning and joyful exchange. From music circles and storytelling sessions to collaborative skill-sharing sessions, and visits to Government hospitals (senior with student escorts) these events fostered mutual respect and built bridges between generations, besides spreading an awareness of age-related setbacks faced by seniors. DOBARA took older adults to the Numaish, the iconic All India Industrial Exhibition at Nampally, Hyderabad. This became a much awaited Annual event.



2019

Friday Carom afternoons

Initiated as an open-to-all weekly gathering, the Friday Carom Afternoons quickly became a community favourite. With laughter echoing across the space and competitive spirit alive on every board, this initiative brought together older adults, volunteers and guests in a relaxed, joy-filled atmosphere, mostly in the open air soaking in the warmth of the afternoon sun. What began as a small idea grew into a much-anticipated weekly event that fostered friendships, mental agility and intergenerational fun.

2020

Launch of the official DOBARA website

DOBARA launched its official website, establishing a central platform to share its mission, stories, events and resources with the world. This digital milestone enhanced visibility and credibility, enabling DOBARA to reach wider audiences, engage supporters and serve as a hub for all things related to wellbeing of older adults. From volunteer sign-ups and event calendars to blog posts and impact stories, the website became a powerful tool for connection, advocacy, and community-building in the digital age.

Virtual engagement during the pandemic

During the COVID-19 pandemic, DOBARA provided lifeline support through daily calls, online sessions, and mental health check-ins. Launched DOBARA WhatsApp engagement with themed days, check-in calls, and online activities, along with a record 100 weeks of WhatsApp Tombola every Sunday from 3 p.m. to 4 p.m. All this totally manned through volunteer support



2021

DOBARA's first documentary

DOBARA's first documentary was produced. Thanks are due to J Afshan of Target consultants. It was a moment of pride and transformation as the world got its first deep, visual glimpse into the joy, courage, and community that defines DOBARA. The film made by a senior citizen captured stories and amplified a movement, letting others witness what ageing with dignity, purpose, and connection could truly look like.

2022

National Recognition by Nexus of Good

DOBARA's work in the field of older adults' wellbeing received prestigious national recognition when it was awarded a certificate and plaque by The Nexus of Good, an organisation that celebrates transformative grassroots initiatives across India.

DOBARA Headquarters shifted to Sheikhpeth

DOBARA officially moved from its long-standing home at Mustafa Lodge, Road No. 13, Banjara Hills to a new and vibrant space in Sheikhpeth, Hyderabad. The new HQ became a fresh chapter in the organisation's journey - more accessible, welcoming and filled with potential for the expanding range of activities and outreach programmes.

Launch of DOBARA ALMARI

With creativity and community in mind, DOBARA launched DOBARA ALMARI, an innovative, environment-friendly store promoting pre-loved and upcycled items, thus promoting sustainable living and respect for environmental issues amongst youth.





First CSR partnership and funding

We received our first CSR funding from LAMTUF Plastics Limited, marking a significant step in building institutional support for its mission. The funds were directed towards four sessions of caregiver training called DOBARA CARES caregiver training

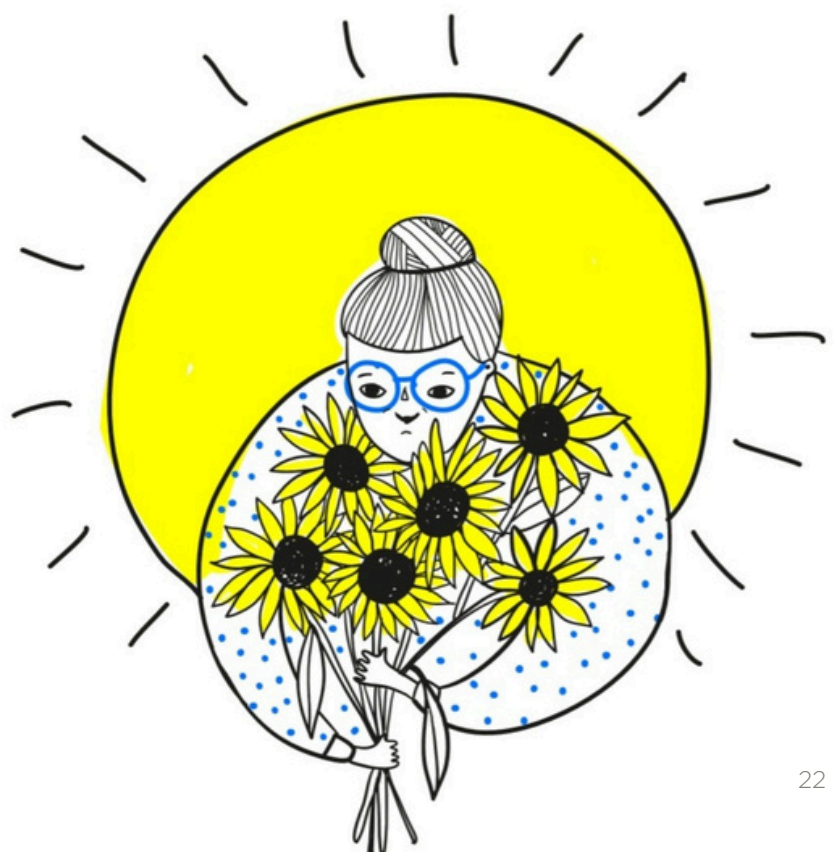
Welcoming DOBARA's first employee

DOBARA onboarded its first full-time employee in the Administration department. The role brought much-needed structure and support to the growing operations, helping DOBARA move from a passion-driven volunteer movement to a more sustainable and professional organisation without losing its heart.

2023

Launched monthly birthday celebrations at DOBARA

Embracing the joy of shared milestones and the power of belonging, DOBARA began the beautiful tradition of celebrating all members' birthdays each month, giving them a special mention on the WhatsApp group and highlighting their skills. In person birthday celebrations with a cake and crown were held during the monthly Tombola meet, adding a festive touch of laughter, music, and togetherness.



2024

Introduced structured monthly calendars with signature events

In an effort to facilitate planning and transportation and bring predictability, joy and regular engagement into the lives of older adults, DOBARA launched a structured monthly calendar of signature events. These thoughtfully designed gatherings provide emotional warmth, mental stimulation, physical movement, and creative expression. Each event reinforced a sense of community, purpose and belonging, and became a cherished part of the DOBARA experience:

- **First Sunday – Community Potluck:** A joyful, inclusive afternoon where members came together over home-cooked meals, conversations, and shared laughter
- **Second Saturday – Walk & Talk + Book Reading:** Mornings began with a rejuvenating DOBARA Walk & Talk, promoting physical health and social connection, followed by a Book Reading Session to engage the mind, spark curiosity, and invite reflection.
- **Every Thursday – was declared an Open House Spend the Day at DOBARA,** with a variety of options for lunch

Seniors would carry their lunch box -and swap them reminiscent of school days! Sometimes pay and eat lunch or potluck and so on along with an amazing range of activities and games to choose from:

- **Third Thursday – Crochet and Handicraft Circle:** A peaceful and hands-on gathering that nurtured creativity, calm and community bonding through the tactile art of crochet and handmade crafts.
- **First & Last Saturday – DOBARA-MITRAVAAN sessions:** This outreach initiative extended DOBARA's reach beyond its headquarters, offering older adults in the Secunderabad area the same sense of joy, connection, and wellbeing through satellite sessions in partnership with MITRAVAAN Holistic Solution.





2025

Celebrating over a decade of redefining ageing

As DOBARA marks more than ten years of heartfelt work and community-building, it stands not just as an organisation, but as a movement of courage, compassion and connection. What began as a quiet challenge to ageist norms has grown into a vibrant, intergenerational ecosystem where older adults are celebrated as contributors, leaders and dreamers. With each gathering, every shared story and every act of inclusion, DOBARA continues to redefine what it means to age with dignity, joy, and purpose—proving that the later years of life can be some of the most meaningful.

Our Founder, Mateen Ansari was honoured with the Changemaker award from Khyaal 50 above 50

This year also marked a proud milestone as our Founder, Mateen Ansari was recognised as a Khyaal 50 Above 50 Award Winner in the Change Maker – Social Cause category. This recognition reaffirms our commitment to creating inclusive, meaningful spaces for seniors to age with dignity, connection, and purpose. Khyaal 50 Above 50 is an initiative to celebrate individuals who continue to push boundaries, redefine success, and make a lasting impact.



Launch of new initiatives: Mental wellness support circles, Cyber Fraud awareness for seniors and bioenergetic wellness sessions

DOBARA, in collaboration with trusted partners, began new monthly initiatives that support seniors' emotional, mental and practical well-being. PRAAN facilitated Circle of Connection support circles on the first Thursday of every month, offering a safe, non-judgmental space where seniors can openly share emotions, build resilience and strengthen social bonds. On the first Tuesday of each month, State Bank of India and USA Club Netizens led Cyber fraud awareness sessions that equip seniors with essential skills to identify online scams, protect personal and banking information, and use digital platforms safely. Complementing these, Dr. Rashida Nara Shetty conducted monthly bioenergetic wellness sessions, addressing common physical discomforts and stress through interactive discussions and simple, holistic self-care practices, helping seniors feel supported, confident, and empowered in their daily lives.



Our impact



At DOBARA, impact is not simply measured in numbers - it is experienced in stories, in human connections and in the lasting changes we see in people's lives. While we estimate that over 4,000 lives have been touched through our work, we recognise that each connection has a ripple effect, reaching far beyond the individual.



150

annual events



378

Wednesday
wellbeing sessions



210

Thursday open
house



85

excursions



250

healing crafts



80

literary sessions



58

music and cookery
sessions



35

film shows and
picnics



46,000

lives touched



1,80,000

people reached

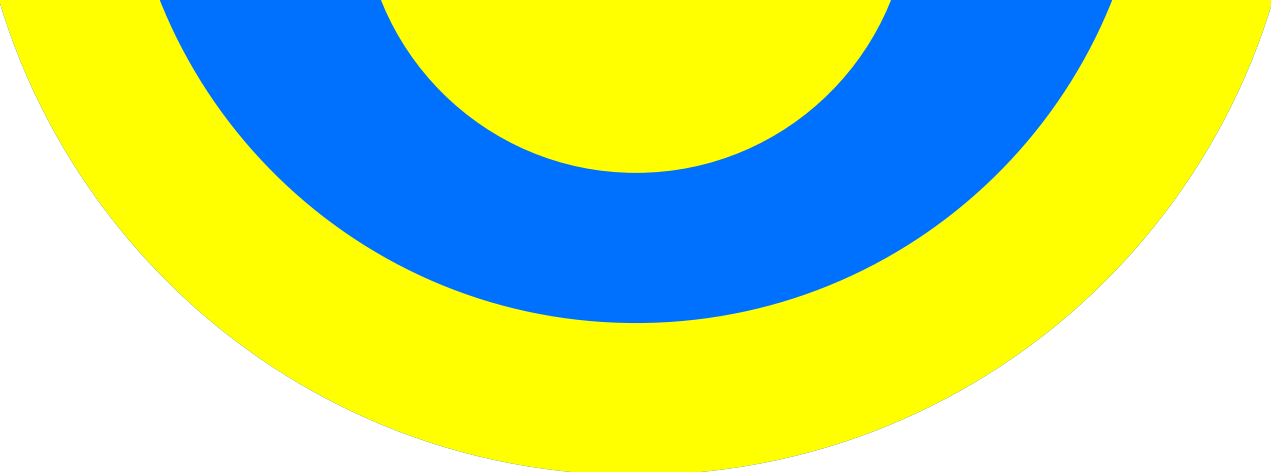
For instance, when a caregiver referral is made through DOBARA, we are not just assisting the person in need - we are also supporting the caregiver, the agency and the extended family involved. Similarly, when an older adult attends an event, the joy, confidence and inspiration they take away often flow into their homes, communities, and social circles. These indirect impacts are powerful, often immeasurable and form the heart of our work.

Our event footprint has also grown significantly over the years. Since our inception in 2014, DOBARA has conducted a wide variety of events designed to support wellbeing, connection and purpose. Today, we host approximately 150 events annually, ranging from cultural outings and wellbeing workshops, personal visits to the elderly, literary readings, online programmes, recreational gatherings, and intergenerational dialogues.





Our initiatives



At DOBARA, every initiative is rooted in a deep belief that every older adult deserves to age with dignity, joy and a sense of belonging. Over the 11 years, our programmes have expanded in scale and deepened in impact, touching lives in ways both measurable and immeasurable.

From creating safe spaces for conversations and community, to enabling access to caregiving, healthcare, emotional support, and opportunities for lifelong learning and contribution, our work continues to be guided by the real needs and dreams of older adults. Each circle formed, every connection made and every referral facilitated is a step toward reimagining ageing.

Thursday Open House

DOBARA's Thursday Open House is a weekly engagement space that offers older adults the opportunity to share their talents, passions and experiences with the wider community. Evolving from our earlier Wednesday Wellbeing sessions, this initiative created a consistent, welcoming platform where older adults could lead sessions in Origami, Bonsai, Mandala Art, storytelling, poetry, board games, Scrabble, chess, carroms, puzzles, memory games, table tennis, cards, yoga, access to our community library and more. Each week became a celebration of creative expression, lived wisdom, and connection. When the weather allows, we take it outdoors for a refreshing change of pace and energy.

The gathering provided older adults with a renewed sense of confidence and self-worth, as they were appreciated for their skills as well as their willingness to give, teach, and engage. Younger participants found themselves inspired and absorbed the stories, humour and resilience that only a life well-lived can offer. As more older adults stepped forward to share their abilities, a ripple effect of motivation and visibility began to grow, turning the Open House into a deeply participatory and empowering space. More than a programme, the Thursday Open House has evolved into a space of healing, joy and intergenerational learning.

Excursions: Picnics, Nature walks and Mall outings

DOBARA's excursions continued to be one of the most anticipated and joyful aspects of our community engagement efforts. From picnics in nature to walks through local malls, these outings became a source of rejuvenation, laughter and bonding. Older adults eagerly looked forward to stepping out of their daily routines and exploring spaces that were thoughtfully selected and carefully planned with their comfort and safety in mind.

Each excursion was organised with meticulous attention to detail. Older adult-friendly environments, accessible walkways, shaded seating and the presence of a medical practitioner were non-negotiable features of every outing. Safety and wellbeing were always prioritised, allowing participants and their families to feel at ease. The simple act of walking in a mall, sharing a homemade snack or sitting under the trees with friends sparked countless smiles and meaningful conversations.



Healing crafts and intergenerational skill sharing

At DOBARA, we recognise the therapeutic power of art and craft in promoting mental wellbeing, mindfulness and joy. Our regular sessions in crochet, mandala art and other traditional crafts have become immensely popular among older adults, many of whom find peace, purpose, and creativity in these soothing activities.

The quiet rhythm of stitching, the colours of a mandala and the shared learning environment create a space that nurtures calm and connection - much needed in an otherwise fast-paced world. The goal is to bridge generations through shared creativity while preserving skills that are in danger of fading in the modern age.



Music sessions: Healing through melody and memory

At DOBARA, music has always played a central role in enhancing emotional wellbeing and building community. Our weekly music sessions remain one of the most loved and well-attended initiatives. With a repertoire that spans classic Bollywood melodies from the 1950s onwards, soulful ghazals and nostalgic tunes, these gatherings provide a shared space for joy, remembrance and emotional connection. Music has the power to heal the soul, and for our members, it becomes a bridge to cherished memories and emotions that words alone cannot express.

One of the most cherished aspects of these sessions was the presence of Rani, a blind septuagenarian and long-time community member, who played the keyboard with remarkable grace and feeling. Her music touched hearts and added a deeply human, soulful quality to each gathering.

The sessions continue to thrive, with members often joining in to sing, clap and request their favourite songs. These moments of shared melody and rhythm foster connection, lift spirits and create an atmosphere where everyone, regardless of age or ability can participate and feel uplifted.



Cookery sessions: A celebration of culinary heritage and community

The DOBARA Kitchen has become a lively, aromatic hub of storytelling, skill-sharing and intergenerational bonding. Our cookery sessions were held regularly in our spacious and welcoming kitchen space and we invite older adults to step up and share the flavours of their lives. Whether it's a treasured family recipe, a regional specialty or a long-forgotten dish, these sessions are always a feast for the senses and the soul. These demonstrations lead to the exchange of recipes, tips and cultural stories, turning every session into an interactive experience filled with nostalgia, laughter, and learning. For the presenters, it's a moment of pride and joy; for the audience, a chance to savour something new and connect on a deeper level. Long after the dishes are tasted, the impact of these sessions lingers. Participants continue to talk about the experience for days, recreate the recipes at home, and share them within their families.

Happy Birthday!

DEAR RANI

"Music gives a soul to the universe, wings
to the mind, flight to the imagination and
life to everything." - Plato

WITH LOVE FROM
THE DOBARA FAMILY



Literary sessions: A space for books, poetry, and thoughtful exchange

DOBARA's literary sessions have become a cherished part of our community's intellectual and emotional engagement. From book readings to poetry recitations and themed discussions, these gatherings attract a thoughtful and enthusiastic audience. They offer older adults and younger participants alike a platform for creative expression, reflection, and meaningful dialogue.

What makes these sessions uniquely DOBARA is their intergenerational approach. Book readers often insist on presenting two books - a children's book with timeless relevance for older adults and a more serious work of fiction, nonfiction, or poetry. This thoughtful pairing keeps the atmosphere light, inclusive and emotionally rich. The children's book sparks nostalgia and shared laughter, while the deeper text invites introspection, storytelling, and debate. It strikes a perfect balance between light-heartedness and literary depth.

Full-day picnics and cultural excursions: Exploring art, history and heritage together

DOBARA's full-day outings includes museum visits and heritage home tours, that blend leisure, learning, and intergenerational bonding. These excursions are thoughtfully curated to include visits to places of cultural interest, often hosted by individuals who generously open their homes and collections for others to explore and enjoy.

Participants have had the opportunity to view rare and fascinating personal collections including Tanjore paintings, papier-mâché crafts, antique brass and copperware, and traditional Indian art. These experiences offer aesthetic appreciation and become moments of storytelling and shared learning. The outings encourage mutual respect and discovery across generations, enriching both social and intellectual life.





Film shows: Bringing cinema home to older adults

As part of our ongoing commitment to inclusion and emotional wellbeing, DOBARA is excited to introduce a new initiative currently in the planning phase: Film shows for homebound older adults. Recognising that not all members of our community are mobile or able to attend events at our HQ, this initiative aims to bring the joy of cinema directly into their homes. We aim to visit seniors in their homes, set up a projector or screen and host a viewing of a classic or beloved film. The experience will be enhanced by companionship, shared laughter and discussion.

Online programmes: Connecting, learning, and supporting virtually

When the pandemic disrupted in-person gatherings, DOBARA adapted swiftly by transitioning to online engagement, ensuring that older adults remained connected, stimulated and supported even in isolation. These virtual sessions, quickly gained popularity and have now become a permanent part of our offerings. They provided a crucial platform for discussion, learning, and recreation.

The sessions covered a wide array of topics - from interactive quizzes, competitions, and mental puzzles to guest lectures by eminent speakers. We explored themes like health, wellness, art, nostalgia, and humour, all carefully curated to keep participants mentally active and emotionally engaged. Discussions were inclusive and vibrant, allowing older adults to listen, share, reflect and stay connected to a larger community. Over time, we have continued to host these sessions via platforms like Zoom and Google Meet, ensuring digital accessibility for all. One of the most recent and impactful sessions focused on around end-of-life choices, family dialogue and preparations for the final journey. These discussions, though deeply emotional, were handled with care and compassion, providing clarity and comfort to many.



DOBARA ALMARI

DOBARA ALMARI is a community-driven initiative that fosters a sense of Ikigai (purpose) among seniors by giving them ownership of a store where they manage, curate, and sell pre-loved items. Through this process, they engage directly with younger generations, creating meaningful intergenerational connections while promoting conscious reuse and sustainability.

The initiative creates a structured platform where individuals and families donate gently used clothing, household items, books, accessories, and everyday essentials that still hold value. These items are thoughtfully sorted, curated, repurposed, and redistributed through community events such as thrift markets, pop-up stores, and welfare drives.

At its heart, DOBARA ALMARI is not just about clothes or possessions. It is about extending the life of resources, strengthening community participation, and ensuring access to essentials with dignity and choice rather than charity.



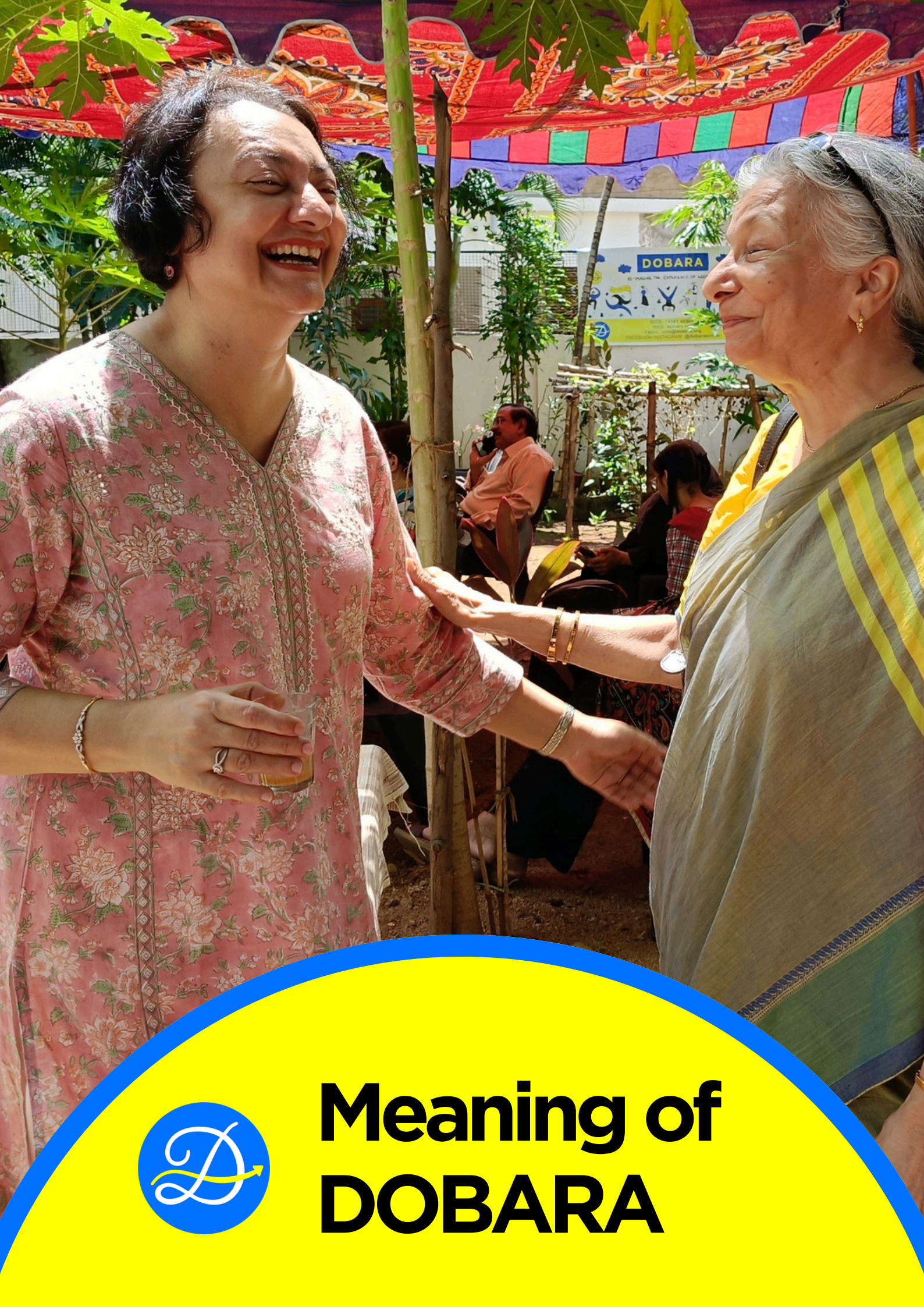
Our wide range of programmes gently encourage the use of fine motor skills and hand-eye coordination. These sessions foster not just creativity, but also patience, attention to detail, and pride in creating something with one's own hands. Activities like gardening are known to improve both emotional and physical wellbeing, offering a calming, grounding experience that connects seniors with nature and with one another. From planting saplings to nurturing herbs and flowers, the act of caring for something living has shown remarkable benefits in reducing anxiety and increasing happiness.

Mental agility is another area we focus on with intention. Through activities like word games, puzzles, scrabble and board games, we help participants strengthen attention spans, memory and critical thinking. Visual puzzles and shape-sorting tasks encourage spatial awareness and cognitive alertness, especially beneficial for seniors looking to maintain their mental sharpness in daily life. All these materials and ideas have been lovingly collected and curated by our founder, based on her years of deep immersion in the field of older adults' wellness. They are resources that reflect a lived understanding of what older adults enjoy, respond to, and benefit from.

What makes DOBARA's approach truly unique, however, is the volunteer-driven model at its core. We believe that age is a gateway to deeper impact.

Our programmes are often led by older adults themselves who volunteer their time to teach, demonstrate and share their lifelong skills with others. From origami artists to retired scientists, classical musicians to master chefs, DOBARA has had the privilege of hosting sessions conducted by stalwarts in their craft. Their contributions are instructional and inspirational, and deeply affirming for both the presenter and the participants.

We are proud that some of the most accomplished minds and hands in our community have walked through the doors of DOBARA to share their craft, purely out of love and belief in what we stand for. Whether it's a simple game of carom, a powerful poetry reading or a lesson in miniature painting, every session is a step toward reimagining the experience of ageing.



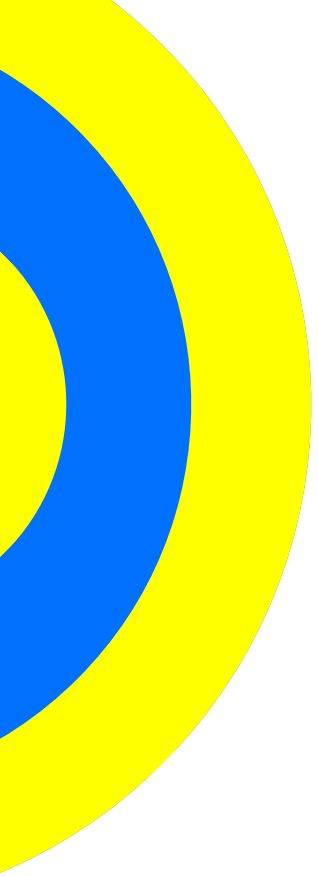
Meaning of DOBARA



DOBARA, meaning 'Once Again' in both Urdu and Hindi, is the soul of our movement. These two simple yet profound words capture the essence of everything we stand for. DOBARA is about second chances, renewal, and the possibility of beginning again with hope, joy and dignity. The tagline, 'Reimagine the Experience of Ageing' became the heartbeat of our work.

DOBARA speaks to the opportunity to live life once again with purpose, to give and receive love again, and to use our time, our wisdom, our belongings, and our skills to create meaning. It is a powerful reminder that it is never too late to learn, to laugh, to connect, and to truly live.





In every aspect, DOBARA is about starting anew:

- A second innings in life for older adults to flourish with confidence.
- A second chance to contribute, belong and feel seen.
- A second use of every object through mindful living, reuse and sustainability.
- A second wave of creativity, companionship and courage.

Whether it's your relationships, routines, or resources, DOBARA embraces the idea that everyone deserves a meaningful 'once again'.

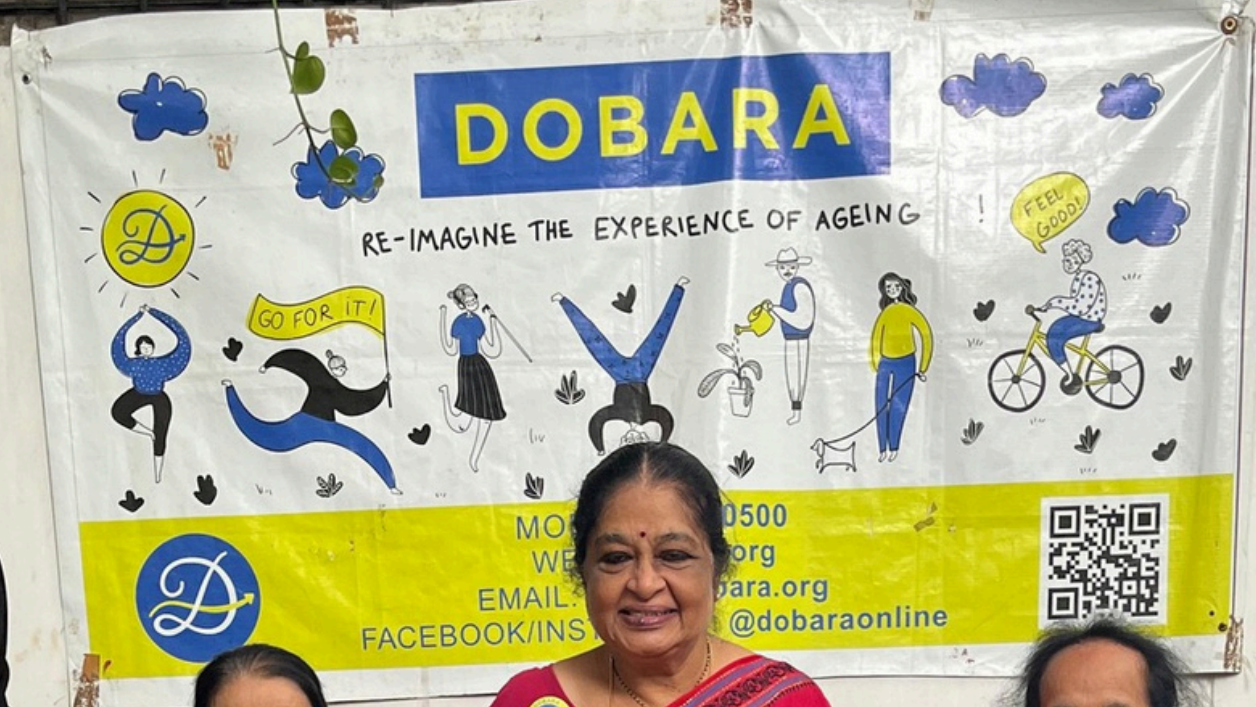
The name DOBARA is a declaration of belief: that life, in all its phases, still holds magic, meaning, and momentum.

DOBARA believes it also take a village to help our elder's age successfully, with grace and dignity.

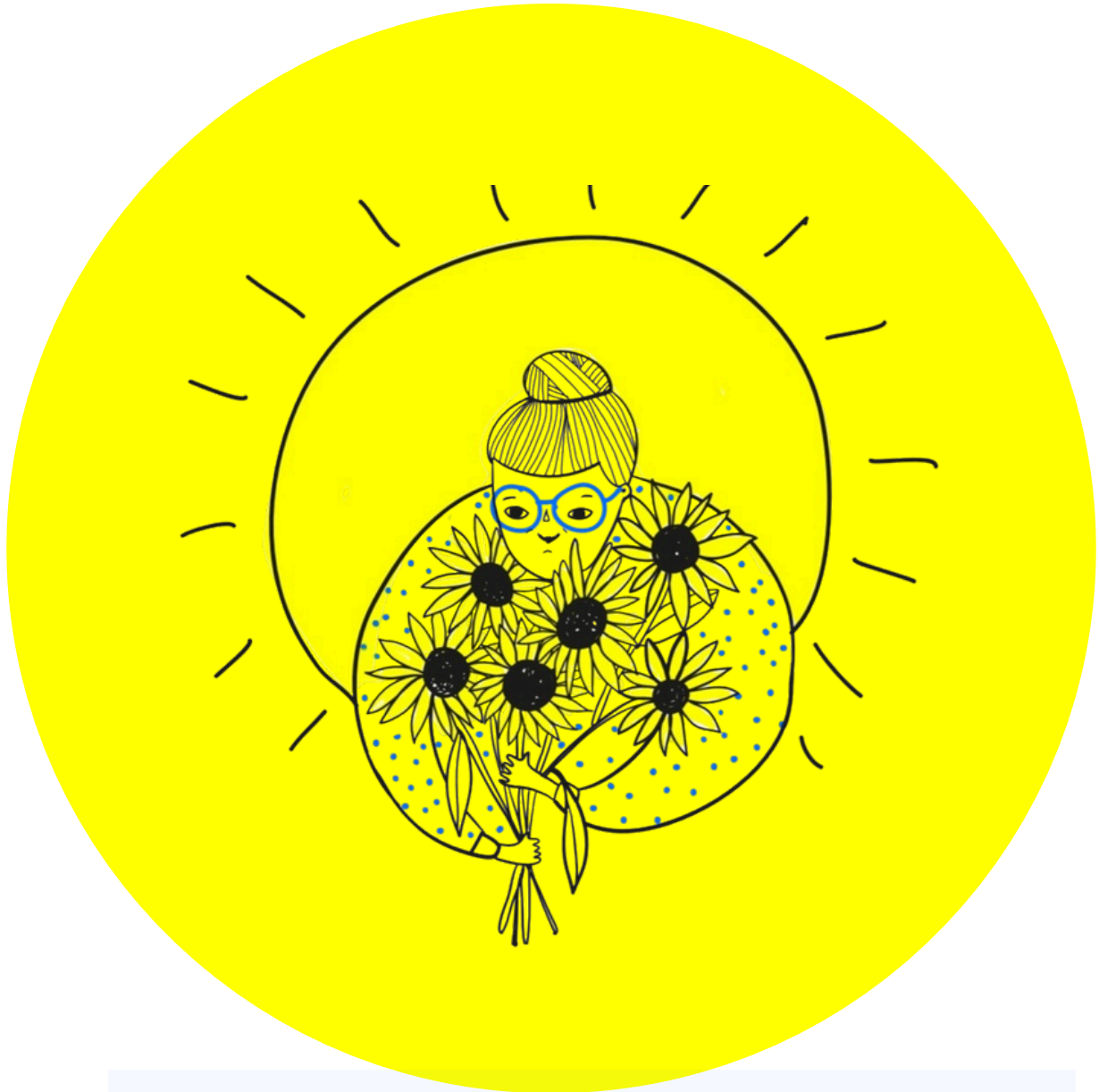
Small acts, big impact: The Heart of DOBARA

Beyond planned programmes, DOBARA is known for its thoughtful, unusual touches that bring unexpected joy and care to elders' lives. These quiet yet powerful gestures are what make DOBARA truly special:

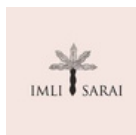
- **Surprise gift packs for seniors** — delivered with love, especially during festivals or personal milestones
- **Support for educational needs** — for deserving students connected to our members or volunteers
- **Help with medical needs** — through referrals, crowdfunding, and assistance in navigating care
- **Senior-Junior Buddy programmes** — encouraging meaningful intergenerational friendships
- **Emotional counselling** — by trained volunteers and empathetic listeners
- **Visits to old age homes** — by cheerful, compassionate volunteers
- **Free/discounted transportation** for seniors to attend community gatherings
- **Referrals** for assisted living, homecare services, and legal aid when needed



Our partners



We would like to extend our heartfelt gratitude for the incredible support of our partners. Without your generous contributions, DOBARA would not have achieved the remarkable milestones and successes we can proudly look back upon today. Your trust in our mission has been a constant source of motivation for our team members and volunteers.

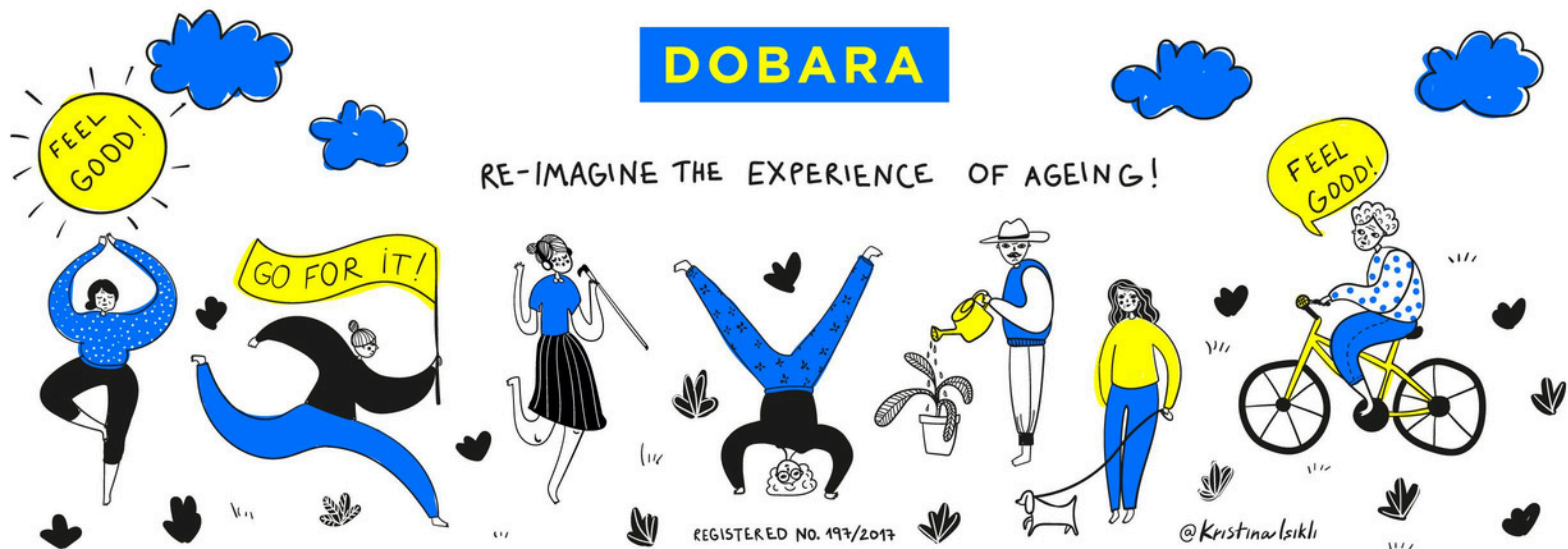






DOBARA

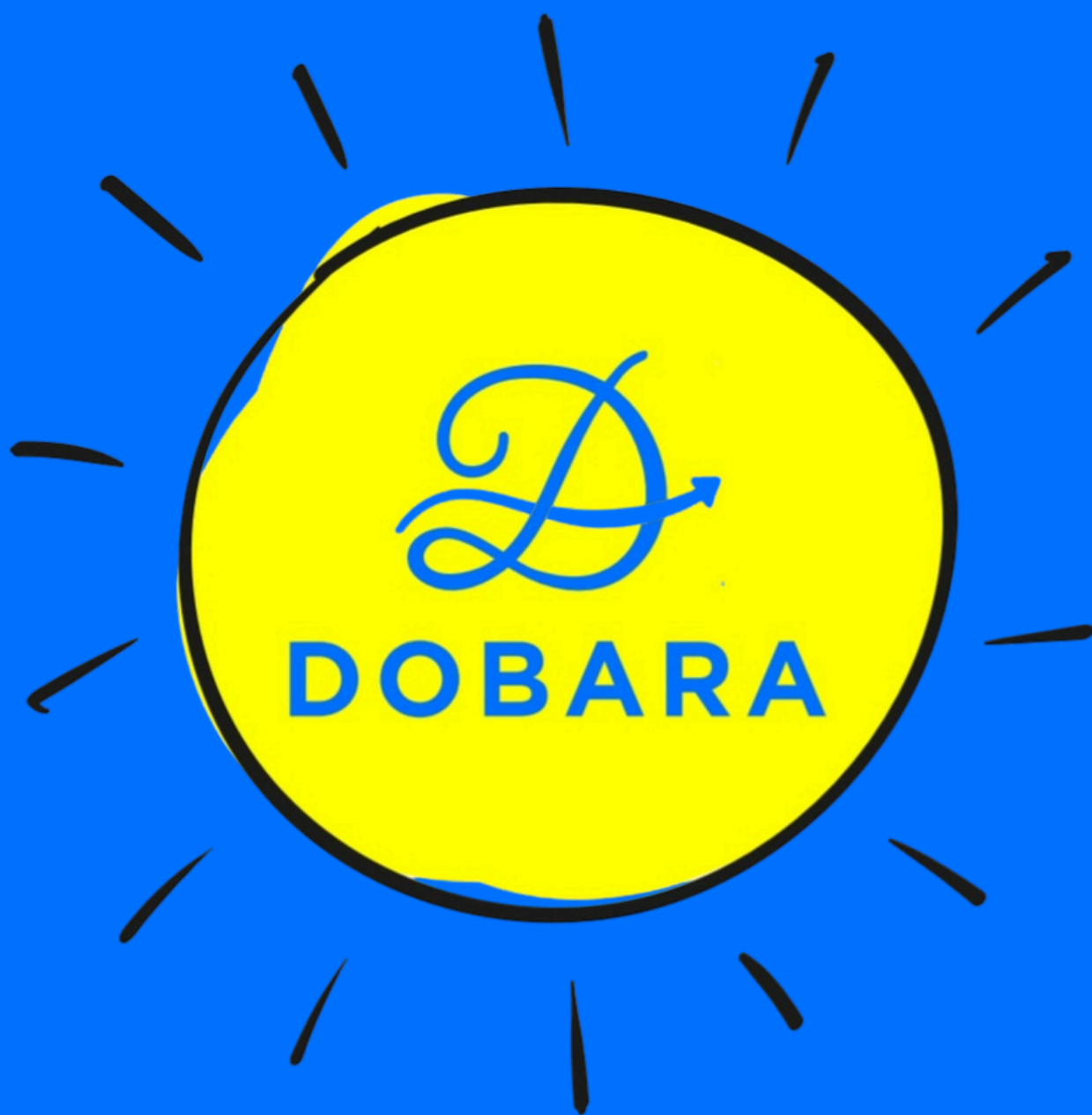
RE-IMAGINE THE EXPERIENCE OF AGEING!



Meet the individuals who enriched DOBARA's activities

- Dr. Amina Kishore, Retired Educationist, AMU and MANUU
- Dr. Anjana Surat, Palliative Care Specialist
- Dr. Annie Hasan, Geneticist
- Dr. B. Bapuji, Nature Cure Healthcare, Centre for Integrated Medicine
- Dr. Chandra Waghray, Pathologist
- Dr. Daphne Rebello, Retired IAS Officer, Educationist, and Advisor to DOBARA
- Dr. Ismat Medhi, Linguist
- Dr. Kamakshi Hatti, Educationist and Life Coach
- Dr. Mahesh Joshi, CEO, Apollo Home Care, and Singer
- Dr. Majid Bedar, Urdu Scholar
- Dr. Prof. Aaron Hagedorn, Genealogist
- Dr. Rashida Narahashetti, Bioenergetic Wellness Specialist
- Dr. Sajaad Shahid, Historian and Heritage Conservator
- Dr. Shuguffta Shaheen, Professor, MANUU
- Dr. Sultana Khan, Retired Consultant, Apollo Hospital
- Mr. Aditya Margham, Advisor, AIE
- Mr. Arvind Acharya, Historian
- Mr. Ashfaq Ahmad Hazari, Al Maharaja Caterers
- Mr. Ayub Khan, Journalist
- Mr. Brig. Baquir Shameem, Author and Poet
- Mr. Chethan Swarop, All India Radio Artist
- Mr. Daneesh Majid, Author
- Mr. Imran Hussain, Social Worker
- Mr. Mujahid Masihuddin, A & M Hotels and Guest House
- Mr. R. N. Mithal, Past President, AISCCON
- Mr. Riyaz Ahmed, Tambola Master
- Mr. Syed Nasir, Founder, Super Shifa Balm
- Mr. Y. K. Murthy, YK Museum
- Ms. Afshan J., Documentary Filmmaker
- Ms. Amita Talwar, Founder, Art for Cause
- Ms. Aruna Shiva Kanjarla, Audiologist
- Ms. Asima Khanum, Educationist
- Ms. Ayesha Bilgrami and Ms. Archana Sahwney, Second Chance Foundation
- Ms. Ayesha Tayebi, Social Worker
- Ms. Geetu Arya, Stand-up Comedian
- Ms. Judy Gardner, Crafts Teacher

- Ms. Juhi Ahmed, Outreach
- Ms. Jyothi Gupta
- Ms. Kalpana Vincent, Founder, Kaliru Communications
- Ms. Kamlesh Mehta, Lamptuf Plastics
- Ms. Lakshmi Devi Raj, Kalamkari Craft Artist
- Ms. Laura Lou Pope McCarthy, Laughter Yoga Practitioner
- Ms. Moina Ahmed, Philanthropist
- Ms. Padmini Patel, Mitravan Holistic Wellbeing
- Ms. Prathima Mehta, Trash to Treasures
- Ms. Priya Dhiman, Graphic Designer
- Ms. Rashida Almas, Artist
- Ms. Rashida Thabassum, Advocate
- Ms. Redkha Reddy, Ikebana Artist
- Ms. Rehana Afzal, Annual Fair Organiser
- Ms. Rubina Majid, CEO, Learning Resource Center for Teacher Training and Reading Research
- Ms. Ruqya Khan, SMILE Strategist
- Ms. Shaheen Sultana Moidu, Educationist
- Ms. Shahnaz Yousuf, Educationist
- Ms. Sukanya Baba, Crochet Artist
- Ms. Tahera Rizwana, Phone Volunteer
- Ms. Tyaba Bilgrami, Educationist
- Ms. Vijaya Rau, Bonsai Artist
- Ms. Zainab Arastu, Educationist
- Ms. Zohra Jabeen, Psychologist
- Ms. Pallavi Darla and Mr. Manu Darla, Preventive Care
- RN Susan, Home Nursing Specialist
- Thakur Jaideep Singh, Master Chef







DOBARA

Re-imagine the
Experience of Ageing

Impact Report 2014-2025



dobara.org



[instagram.com/dobaraonline](https://www.instagram.com/dobaraonline)



[linkedin.com/company/dobara](https://www.linkedin.com/company/dobara)



[facebook.com/Dobaraonline](https://www.facebook.com/Dobaraonline)