



**Banchbo
Healing
Touch
Foundation**

A touch of healing...

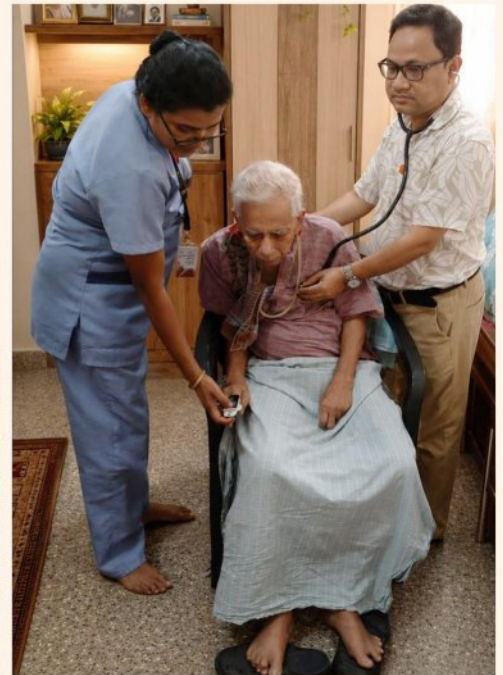
JUNE 2026

Issue 03

SANJOG



Connecting with Care



Monthly News Letter Published by

Banchbo Healing Touch Foundation

— A TOUCH OF HEALING —

Serving Humanity Since 2007

A Multidisciplinary 24 x 7 Geriatric Home Health care
initiative. "One Stop" Eldercare Solution



19
Years of Service



800+
of Families Supported



24x7
Compassionate Elder Care



Trusted Across
West Bengal & Beyond

AWARDS & RECOGNITION



Featured in
Civil Society
Magazine as
Innovative
Indians



Best Social
Impact through
Enterprise Award
Bcc&I (2026)



CMA MSME
Eastern India's
Best Social Impact
Award (2025)



Healthcare
Achievement
Award



Powering
Bengal
Recognition by
Omkar TV

FEATURED IN

NDTV



THE TIMES OF INDIA



The Indian EXPRESS

The Telegraph online

Outlook



Where Every Surplus Fuels Philanthropic Service to Humanity...



**CONNECT
WITH CARE**

*We are here,
always*



+91 9903388556



+91 9903584759



www.bhtf.org



banchbohealingtouch07@gmail.com



SCAN TO CONNECT

FOLLOW US



ADDRESS

54, Barada Avenue,
Garia, Kolkata - 700084,
West Bengal, India

CARE ♥ CONTRIBUTE ♥ SUPPORT

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*To our beloved members,
well-wishers, and valued stakeholders*



“Sanjog” is no longer just a platform — it is gradually becoming an emotional bond of trust, care, and human connection. The immense love, blessings, and heartfelt responses we continue to receive from our members truly overwhelm us with gratitude and inspire us to move forward with even greater responsibility and compassion.

The addition of new members into the BHTF family is not merely growth in numbers; it reflects the growing faith people are placing in our vision of compassionate and dependable care. Over the past month, we once again stood beside many of our members during some of the most difficult and vulnerable moments of their lives. Several of these emergency support services were extended to NRI families who, despite being physically distant from their loved ones, found reassurance in knowing that someone trustworthy was standing beside their family in times of crisis.

What touched us most was that our support was not limited only to medical care. In many situations, we became a source of emotional strength, social support, guidance, and human presence when families needed it the most. These moments constantly remind us that genuine service is not measured only by treatment provided, but by the comfort, confidence, and humanity we can offer to another person.

We also feel deeply humbled and proud to have been featured in the “Powering Bengal” segment on Onkar TV Channel. For us, this recognition is not simply an honour — it is an emotional encouragement that even within our limited capacity, sincere efforts towards humanity and compassionate care are being noticed and valued.

However, we know that our journey has only begun. To make “Sanjog” more meaningful, more comprehensive, and more impactful for every member who depends upon us, we sincerely seek your continued guidance, advocacy, blessings, and support. Together, we hope to strengthen this beautiful chain of care, compassion, dignity, and humanity for many more lives in the days ahead.

Warm regards,



Dr. Dhires Kumar Chowdhury,
Editor, Sanjog

07th June 2026

ABOUT

Banchbo Healing Touch Foundation



Eastern India's first 24 × 7 Geriatric Multidisciplinary Home Healthcare Initiative

I ABOUT US

Banchbo Healing Touch Foundation (BHTF) is a pioneering organization dedicated to delivering comprehensive and compassionate geriatric home healthcare.

Marking a significant milestone in its journey, the organization underwent a transformational evolution in 2024 by establishing itself as a registered Section 8 Company. This transition reflects BHTF's commitment to strengthening its institutional framework, enhancing governance, and expanding its capacity to deliver scalable, sustainable, and high-quality elder care services.

With a multidisciplinary team of experienced healthcare professionals, BHTF provides a 24×7 "one-stop" solution encompassing medical, nursing, and supportive care. Driven by empathy, professionalism, and a vision for inclusive ageing, BHTF continues to set benchmarks in geriatric healthcare while building a future where every elder can live with dignity, security, and holistic well-being.

Beyond healthcare delivery, BHTF has actively extended its commitment to social responsibility through a range of philanthropic initiatives. The Foundation supports the education of underprivileged children, promotes skill development among youth, and provides holistic socio-medical support to elderly populations—particularly those from marginalized communities in remote regions such as the Sundarbans.

Legal Status: Section 8 Company registered under Ministry of Corporate Affairs, Government of India

Year of Commencement: 2007

Year of Registration as a Section 8 Company: 2024

Operational Area: South Kolkata, Saltlake, New Town & adjacent areas

SOUTH KOLKATA

Details of Service & Membership

SERVICE DETAILS

Diamond Member

Preventive Care at home (monthly basis)

- Monthly Preventive Check-up by Geriatric oriented Doctor
- 1 time Eye/Dental check-up
- 2 times ECG
- 2 times Basic Blood Test
1st Schedule: Hb, Sugar Fasting, Creatinine, Uric acid, Calcium
2nd Schedule: Any 3 from Lipid Profile, LFT, Thyroid Profile, HBA1C, PSA
- 1 time Dietitian's consultation

Golden Member

Preventive Care at home

- Alternate Month Preventive Check up by Geriatric Oriented Doctor
- 2 times ECG
- 2 times Basic Blood Test
1st Schedule: Hb, Sugar Fasting, Creatinine, Uric acid, Calcium
2nd Schedule: Any 2 from Lipid Profile, LFT, Thyroid Profile, HBA1C, PSA
- 1 time dietician's consultation

HIGH DEPENDENCY MEMBER

- Weekly visit by Geriatric Oriented Doctor
- 1 time ECG
- 1 time Basic Blood Test
- 1 time dietician's consultation
- Weekly visit and reporting by Care Manager or Nurse

CARE 360 SERVICE

- **Any type of Non-Medical support**
(Including bank/post office/municipal/ insurance/mediclaime related work, OPD, Diagnostic center visit and Hospitalization, Shopping, Recreational Companion – visit to relative/friends home, book reading, visit to social events, cinema etc)
- 2 times Nurse's visits monthly.
- Medicine arrangement as per prescription if needed.

MR. APURBA GHOSH
(Promotional Manager)

+91 87775 65221 / +91 99033 88556

24 X 7 Emergency Service at home with full Medical support by our Emergency Medical Unit (EMU), Ambulance, Hospitalisation Assistance if required.



SALT LAKE

Details of Service & Membership

SERVICE DETAILS

Premier Membership

- Every alternate month Preventive Check up – Physically
- Every alternate month Preventive Check up – Tele consultation
- Weekly once Care Manager Visit for checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time Blood Tests (Hb, Urea, Creatinine, Sugar fasting, Lipid Profile, LFT)
- 2 times ECG
- 1 time Dietician's consultation
- 1 time Dental Check up
- 24 x 7 Emergency Assistance
- Added Service at an affordable price

Basic Membership

- Every Quarterly Preventive Check-up – Physically
- Twice yearly Tele Preventive consultation. Fortnightly once Care Manager Visit for Checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time ECG
- 24 x 7 Emergency Assistance
- Added Service at an affordable price

HIGH DEPENDENCY MEMBER

- Every month Preventive Check up
- Every month Tele Consultation.
- Weekly Care Manager Visit for checking Vital Parameters, Medicine Sort out and companionship 30 minutes each visit
- 1 time Blood Tests (Hb, Urea, Creatinine, Sugar fasting, Lipid Profile, LFT, Na, K, Uric Acid, TSH)
- 2 times ECG
- 1 time Dental Check up
- 1 time Basic Blood Test
- Added Service at an affordable price
- 1 time dietician's consultation
- 24 x 7 Emergency Assistance

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24 X 7 Emergency Service at home with full Medical support by our Emergency Medical Unit (EMU), Ambulance, Hospitalisation Assistance if required.





**Banchbo
Healing
Touch
Foundation**

A touch of healing...

**COMPASSIONATE CARE.
EXPERT SUPPORT.
RIGHT AT HOME.**



NOW MORE **FLEXIBLE** MEMBERSHIP OPPORTUNITY

**BHTF
STARTER
MEMBERSHIP**
₹1000/-
PER MONTH

MEMBERSHIP FOR
MINIMUM 3 MONTHS:

₹3,000/-

For South Kolkata Unit only



COMPLETE HOME HEALTH CARE. COMPLETE PEACE OF MIND.



✓ Preventive Check up - Once



✓ Comprehensive
Medical History



✓ 24 × 7 Emergency Support
by our own EMU



✓ Care Manager Services
once monthly
(Max 2 hours per session,
if any additional requirement
₹200/- per hour)



✓ One time ECG at Home



✓ Multi-speciality
Home services



✓ Arrangement of
24 × 7 Ambulance



✓ Availability Added Services
(Home Nurse, Care Givers)



✓ Physio, Yoga, Swallow and
Speech therapist



✓ Home Vaccination
Support



✓ Home ECG
and blood test



✓ Additional Home
Care 360 support



✓ Elite Silver Tour with
full Medical Support



FOR MEMBERSHIP CONTACT:
Mr. Apurba Ghosh:
87775 65221

Ms. Kajari Sen:
82405 74605



TRUSTED
EXPERTS



CARE
AT HOME



COMPASSIONATE
SUPPORT



24 × 7
AVAILABILITY

www.bhtf.org



DETAILS OF NEW MEMBERSHIP

NEW MEMBER ENROLMENT LIST MAY 2026

SL. NO.	NAME	AGE	MEMBERSHIP NO. & CATEGORY	DESIGNATION
01	KABITA CHAKRABORTY	77	1810 - GOLDEN	HOMEMAKER
02	BULBUL GUHA	68	1811 - DIAMOND	BANK EMPLOYEE
03	AMAL KUMAR RAY	81	1812 - DIAMOND	RETIRED - RAILWAY SENIOR SECTION MANAGER (ER)
04	RAMA ROY	69	1813 - DIAMOND	RETIRED - RAILWAY SENIOR SECTION MANAGER (ER)
05	ALAK KUMAR ADHIKARI	76	1814 - DIAMOND	SELF EMPLOYED
06	DIPSIKHA ADHIKARI	66	1815 - DIAMOND	SELF EMPLOYED
07	SUSHIL KUMAR MUKHERJEE	83	1816 - DIAMOND	RETIRED
08	ASHIM KUMAR BANARJEE	82	1817 - GOLDEN	RETIRED HEAD CLERK ESI STATE INSURANCE CO.
09	SYAMALI CHATTERJEE	73	1818 - GOLDEN	HOME MAKER
10	RINA ROY	86	1819 - DIAMOND	-
11	PUTUL BOSE	78	SLT 022 - BASIC	HOME MAKER
12	BASUDEB BOSE	71	SLT 023 - BASIC	AIRPORT AUTHORITY OF INDIA (PERSONNEL)

"Wrinkles will only go where the smiles have been."

Jimmy Buffet





MEMBER BIRTHDAY WISHES MAY 2026

"Every Birthday, A Celebration of Togetherness & Bonds Beyond Care"

We were truly delighted to extend birthday wishes to our respected members last month, and the heartfelt responses we received filled all of us with immense joy and gratitude. Every smile, blessing, and emotional connection made these moments deeply meaningful for the entire BHTF family.

We firmly believe that the coming years will become an even more beautiful and meaningful journey of care, companionship, dignity, and togetherness with us beside them at every step of life.



Kumar Roy

01st March



Nandita Banerjee

06th May



Chhabi Bhowmick

06th May



Sanghamitra Dasgupta

06th May



Tapati Goswami

10th May



Ajay Kr. Goswami

16th May



Ajay Kumar Sengupta

18th May



Somedatta Bhattacharya

20th May



Jahar Roy

21st May



Bimal Bandhu Ghosh

27th May



Manik Lal Chakraborty

28th May



KEY EVENTS AND HIGHLIGHTS

HEALTH CAMP AT SUNDARBAN



On 10th May 2026, Banchbo organized Health Check-Up Camp for elderly local residents in Patharpratima the remote Sundarban area as part of its ongoing geriatric healthcare initiative. The camp aimed to provide accessible and compassionate healthcare services to local senior citizens who often face difficulty in obtaining regular medical support.

OBSERVATION OF INTERNATIONAL NURSES DAY

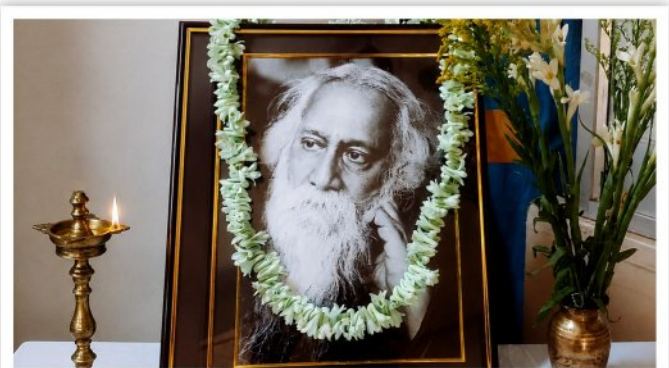


On the occasion of International Nurses Day, 12th May, 2026, **Banchbo Healing Touch Foundation** and **Banchbo School of Human Skill Development** organised a meaningful programme to honour the dedication, compassion, and invaluable contribution of nurses in healthcare services. Paying tribute to **Florence Nightingale**, the event highlighted the selfless role of nursing professionals in patient care and community health.

A major highlight of the celebration was the enthusiastic commencement of the **15th Batch of the Certified Nursing Assistant Course**, marking another important step towards skilled healthcare workforce development. The newly enrolled students introduced themselves with confidence and shared their thoughts on the significance of **International Nurses Day**, creating an inspiring atmosphere filled with commitment, motivation, and hope for future healthcare service.



CELEBRATION OF RABINDRA JAYANTI AT BHTF OFFICE & VIKASHITA SCHOOL SUNDARBAN



On the occasion of **Rabindra Jayanti**, **Banchbo Healing Touch Foundation** organised a heartfelt cultural programme at its Head Office in Kolkata to pay tribute to **Rabindranath Tagore**. Through recitations, Rabindra Sangeet, and discussions, participants fondly remembered Gurudev's timeless ideals of humanity, compassion, harmony, patriotism, and universal brotherhood, making the occasion both meaningful and inspiring.

Simultaneously, **Banchbo Vikashita School** celebrated Rabindra Jayanti with great enthusiasm and cultural spirit. The joyful participation of the children became the highlight of the programme as they actively performed Rabindra Sangeet, dance, and recitations with remarkable energy and innocence. Their vibrant performances beautifully reflected Tagore's values of creativity, humanity, and patriotism, creating a heartwarming and festive atmosphere that was highly appreciated by teachers, guardians, and guests.

*"Ageing is just another
word for living."*

Cindy Joseph



OLD AGE CARE BASIC COURSE – PARTICIPATION OF STUDENTS IN INTERACTIVE SESSIONS



Old Age Care – Basic Course conducted by **Banchbo School of Human Skill Development** is a valuable initiative designed to train compassionate and skilled caregivers for the elderly community. The course covered important aspects of elderly care such as personal hygiene, mobility support, nutrition, emotional care, basic health monitoring, and emergency management. Students from diverse backgrounds participated enthusiastically and benefited from practical demonstrations, interactive sessions, and hands-on training. The programme helped develop essential caregiving qualities including patience, communication skills, empathy, and social responsibility. It also created promising career opportunities for participants in healthcare services, old age care centres, hospitals, and community caregiving programmes while encouraging youth to serve senior citizens with dignity and professionalism.

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

Tia Walker

HONOURED INVITATION

1. PANEL DISCUSSION ON "LIFE AFTER 60"



An interactive session on **"Life After 60"** was successfully organised by **Thikana Shimla at BD Block Auditorium**, focusing on modern approaches to elderly care and healthy aging. During the session, **"Home is Where the Care Is: Redefining Geriatric Care Models for the Aging Population,"** **Dr. Dhires Kumar Chowdhury** shared valuable insights on holistic and home-based geriatric care, emphasizing dignity, emotional security, preventive healthcare, trained caregivers, and integrated support systems for senior citizens. The programme witnessed enthusiastic participation and successfully created awareness about compassionate and comprehensive elderly care.

2. VIRTUAL AWARENESS ON IMMUNISATION IN GERIATRIC DM



DIABETES EDUCATOR UPDATE

A series of learning sessions for Diabetes Educators

An initiative of
Diabetes Awareness & You (DAY)
www.day.org.in

TOPIC:
Optimising Immunization in Geriatric DM: Recent Perspective



Dr. Dhires Kumar Chowdhury
SPEAKER

16th May
08.00 pm

Scan here to join

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

A virtual awareness programme on **"Optimising Immunization in Geriatric Diabetes Mellitus – Recent Perspective"** was conducted by **DAY organization (Diabetes Awareness & You)** on 16th May, 2026 under the guidance of renowned Geriatrician and Founder **Director Dr. Dhires Kumar Chowdhury**. The session highlighted the growing importance of vaccination and preventive healthcare among elderly diabetic patients, with detailed discussion on Influenza, Pneumococcal, Herpes Zoster, Hepatitis B, DPT, and RSV vaccines. Emphasising healthy ageing, infection prevention, and timely immunisation,

the interactive programme created valuable awareness among healthcare workers, caregivers, senior citizens, and the general public regarding modern geriatric diabetes care.



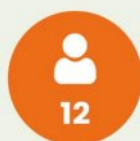
3. AWARENESS ON GERIATRIC DEPRESSION



The health awareness talk show **Sushasthya**, telecasted on **Doordarshan Kolkata** on 14th May, focused on the important issue “**Depression – Enemy of Old Age.**” Hosted by renowned Geriatrician and Founder Director (BHTF) **Dr. Dhiren Kumar Chowdhury**, the programme featured eminent psychiatric consultants Dr. Hiranmoy Saha and **Dr. Payel Talukder (HOD, RG Kar Medical College)**, who discussed the growing mental health challenges among senior citizens. Emphasising emotional support, counselling, family care, and healthy lifestyle practices, the programme successfully created awareness about the importance of mental well-being and compassionate elderly care in today’s society.

SERVICE RECORD OF BHTF

(May 2026)



Members
Enrolled



Total
Hours



Empaneled
Doctors



Total
Visit



Blood
Test



Emergency
Call



Non Emergency
Call



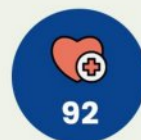
Specialists
visit



ECG



Ambulance



Care 360
Service



Home Nurse
Service



Care
Giver



"POWERING BENGAL" – RECOGNITION OF BHTF



Banchbo Healing Touch Foundation (BHTF) received wide appreciation through its feature on **Onkar Only Truth Bangla** under the special programme **Powering Bengal**. The programme highlighted BHTF's dedicated efforts in empowering Bengal through the comprehensive well-being of the elderly population alongside youth empowerment initiatives. Eastern India's pioneering 24x7 geriatric multi-speciality home-based healthcare services, and social welfare activities, and skill development initiatives were specially recognised. The feature also appreciated the visionary leadership of **Dr. Dhires Kumar Chowdhury** in pioneering a compassionate, dependable, and socially impactful support system for the community.



বিশ্বায়িত বাঙালির জীবনধারা

আনুষ্ঠানিক পত্রিকা প্রকাশ ও আলোচনা সভা



আসছে ট্রেন্ড পত্রিকার আগামী সংখ্যা
দূরত্ব শেষ কথা নয়
পশ্চিমবঙ্গের একাকী প্রবীণদের
পরিচর্যার সমস্যা ও সম্ভাবনা

অতিথি বক্তা

ডা. ধীরেশ চৌধুরী
বার্ষিক বিশেষজ্ঞ, প্রতিষ্ঠাতা ডিরেক্টর,
বাঁচবো হিলিং টাচ ফাউন্ডেশন

ডা. দেবাঞ্জন ব্যানার্জী
বার্ষিক মনোরোগ বিশেষজ্ঞ,
অ্যাপোলো হসপিটাল, কলকাতা

ডা. অরুণাংশু তালুকদার
বিভাগীয় প্রধান, জেরিয়াট্রিক বিভাগ,
কলকাতা মেডিক্যাল কলেজ

২৬ জুন, ২০২৬ || শুক্রবার, বিকেল ৬:৩০

প্রতিশ্রুণ বইচাঘর, কলেজস্ট্রিট



Health Talk

Safe Medicines, Safer Ageing

Polypharmacy — the use of multiple medications together — is a growing concern in elderly care. As older adults often suffer from several chronic illnesses, they may receive medicines from different doctors, increasing the risk of harmful drug interactions and side effects.

With advancing age, the body processes medicines differently due to reduced kidney and liver function. As a result, even routine medicines can sometimes cause dizziness, confusion, falls, sleepiness, or hospitalisation.



Dr Arka Das

MBBS, MD, DM Clinical Pharmacology
(PDT at Institute of Tropical Medicine, Kolkata)

Warning Signs

- Sudden confusion or memory problems
- Unexplained falls or imbalance
- Excessive drowsiness
- Loss of appetite or weakness
- Palpitations or constipation

How to Reduce the Risk

- ✓ Keep an updated medication list
- ✓ Avoid self-medication
- ✓ Use one pharmacy whenever possible
- ✓ Request regular medication reviews
- ✓ Involve family caregivers during consultations

Homecare professionals play a crucial role in identifying polypharmacy problems early and ensuring safer, more effective

UNDERSTANDING POLYPHARMACY IN THE ELDERLY

Multiple medicines can heal, but too many can harm.



As we age, the body processes medicines differently. Reduced kidney and liver function, lower body water and changes in protein levels can increase the risk of side effects, drug interactions and hospitalisation.



Polypharmacy means taking 5 or more medications at the same time.

COMMON CONSEQUENCES OF POLYPHARMACY



Drug-drug interactions



Falls and fractures



Confusion, memory problems



Gastrointestinal bleeding



Kidney injury



Poor adherence due to complex regimens





Beneficiary Story

A Vital Intervention, A Life Protected

Mr. Nitendra Kumar Bhattacharya (80 years), a Diamond Category member of Banchbo Healing Touch Foundation (Membership No. 1307), has been living with several chronic age-related health conditions, including Hypertension, Atrial Fibrillation, and Benign Prostatic Hyperplasia, requiring regular medical supervision and monitoring.

On 19th May, 2026, he experienced a sudden medical emergency when his blood pressure dropped to **90/45 mm Hg** with an irregular pulse rate of **60 bpm**, placing him at significant health risk. Recognizing the urgency, BHTF promptly activated its emergency support system.



Under the expert guidance of our medical team expert **Dr. Partha Mondal**, immediate medical intervention, including **IV Normal Saline infusion** and other necessary treatment measures, was provided. The timely response proved crucial. Mr. Bhattacharya gradually stabilized, responded positively to treatment, and safely recovered from the crisis through continuous monitoring and dedicated medical care.

Impact: A potentially serious health crisis was successfully averted through prompt intervention, ensuring the safety and recovery of a vulnerable elderly member.

"Laughter is timeless. Imagination has no age. And dreams are forever."

Walt Disney



Echos of impact



Dr. Dhires and the entire BHTF team has been such a huge help for our family. As my parents have gotten older, keeping up with all their medical needs started getting really overwhelming as I currently reside in the States. Dr. Payal Talukdar, HoD, Psychiatry Dept. R.G. Kar Medical College referred me to BHTF and helped me get in touch with them. BHTF stepped right in and took that weight off our shoulders. They are genuinely caring, dependable, just really good at what they do. It is a massive relief knowing my parents are being looked after so well.

Ishani Bose, Arizona, USA

Daughter of Mr. Chandan Kumar Bose (Slt- 021) & Mrs. Anuradha Bose. (Slt -020)





BHTF GRACED BY DIGNITARIES – MAY, 2026



On 21.05.2026 **Elder Konnect officials Mr. Abhijit Adhya** and **Ms. Sweta** visited **BHTF office** for a possible collaboration.

On 25.05.2026 **Mr. Nirmalendu Chatterjee** and **Mr. Malay Mitra** visited our office for a possible new operational **office of BHTF** at Paikpara. A new branch, one shared vision. United in purpose, committed to service.



On 30.05 2026 **Dr. Palashpriya Das**, Academician, Biotechnologist and IIT Alumni visited **BHTF office** for possible collaboration. We hope to utilise her expertise in our service in future.





UPCOMING EVENT

OBSERVANCE OF WORLD ELDER ABUSE AWARENESS DAY & OBSERVANCE OF INTERNATIONAL YOGA DAY

The poster for World Elder Abuse Awareness Day features the Banchbo Healing Touch Foundation logo at the top left, followed by the text "in collaboration with" and the Indian Medical Association Bengal State Branch logo. The main title "OBSERVANCE OF WORLD ELDER ABUSE AWARENESS DAY" is prominently displayed in large, bold letters. Below the title, the tagline "DIGNITY. RESPECT. PROTECTION. Together, We Can Make a Difference" is written. A central image shows two hands, one young and one old, clasped together. To the right, a calendar icon indicates the date "SUNDAY 14.06.2026". At the bottom, a green banner contains the text "OUR ELDERS BUILT OUR TOMORROW. LET'S PROTECT THEIR TODAY." and four icons representing "RESPECT", "PROTECT", "SUPPORT", and "EMPOWER". Below these icons, the text "RAISE AWARENESS • END ABUSE • BUILD A COMPASSIONATE SOCIETY" is written. The bottom section provides details: "VENUE: GARIA BUDDHA MANDIR HALL", "TIME: 11:00 AM to 05:00 PM", and "CONTACT: 877 756 5221, 824 057 4605". A small note at the very bottom says "Join Us in Spreading Awareness and Creating a Safer World for Our Elders".

WORLD ELDER ABUSE AWARENESS DAY 14 JUNE 2026

Banchbo Healing Touch Foundation (BHTF), in association with the Indian Medical Association (IMA), Bengal State Branch, will observe **World Elder Abuse Awareness Day** on **14th June 2026** with the objective of promoting dignity, safety, and well-being of senior citizens. Supported by Pronam Wing, Kolkata Police.

INTERNATIONAL YOGA DAY CELEBRATION 2026

Banchbo Healing Touch Foundation (BHTF), in association with the Asian Yoga Research Institute, is pleased to announce the observance of **International Yoga Day 2026** on **27th June 2026**. Supported by Healthcare Sector Skill Council.

The poster for International Yoga Day for Elders features the Banchbo Healing Touch Foundation logo at the top left, followed by the text "In Collaboration with" and the Asian Yoga Research Institute logo. To the right, it says "Supported by Healthcare Sector Skill Council". The main title "INTERNATIONAL YOGA DAY for Elders" is prominently displayed in large, bold letters. Below the title, the text "AGE IS NOT A BARRIER, YOGA IS FREEDOM" is written. A central image shows an elderly couple in a yoga pose. Below the image, the text "Celebrate wellness, embrace peace and inspire a healthier tomorrow." is written. Four icons represent the benefits of yoga: "IMPROVES FLEXIBILITY", "BOOSTS HEALTH", "BUILDS COMMUNITY", and "ENHANCES WELL-BEING". A circular badge on the right says "YOGA FOR HEALTH, HAPPINESS & HARMONY". The bottom section provides details: "DATE: 27.06.2026 SATURDAY", "VENUE: TO BE ANNOUNCED LATER", and "TIME: 10:00 AM ONWARDS". A small note at the bottom says "Let's move together towards a stronger, peaceful and healthier world." The footer includes the website "www.banchbohealingtouchfoundation.org" and the Banchbo Healing Touch Foundation logo.



UPCOMING EVENT: ANNUAL TOUR OF KEONJHAR



**Banchbo
Healing
Touch
Foundation**
A touch of healing...

AN INITIATIVE OF
BANCHBO HEALING TOUCH FOUNDATION

Choiti Safar

— Elite Travel for the Seniors —
*Where Every Journey Becomes
a Celebration of Life*

DESTINATION 2026

KEONJHAR

— ODISHA —

THE HIDDEN JEWEL OF ODISHA

A breathtaking land of majestic waterfalls,
lush forests, serene hills, and
timeless spiritual heritage.



JOURNEY
DATES
18TH – 21ST
NOVEMBER,
2026

WHY CHOITI SAFAR IS TRULY DIFFERENT

 PREMIUM ★★★★★ COMFORTABLE STAY	 PERSONALIZED CARE & ASSISTANCE TEAM
 NUTRITIOUS, HYGIENIC & SENIOR-FRIENDLY CUISINE	 LEISURELY, STRESS-FREE SIGHTSEEING
 SPACIOUS, LUXURIOUS & ELDER-FRIENDLY TRANSPORTATION	 PROVEN LEGACY OF HIGHLY APPRECIATED PREVIOUS TOURS
 24×7 MEDICAL ASSURANCE • Minimum 2 Doctors • Dedicated Nursing Team	 PREMIUM EXPERIENCE AT AN AFFORDABLE COST



SPECIAL PRIVILEGES
Priority Booking for Our Members
First-time non-member senior citizens
are warmly welcome to join
(without membership discount).



LIMITED SEATS • LIMITED ACCOMMODATION
RESERVE EARLY...
Because Beautiful Memories Cannot Wait.

📞 BOOKINGS & ENQUIRIES

8240574605 | 8240195009 | 8777565221

TRAVEL WITH COMFORT...
EXPLORE WITH CARE...

RETURN WITH MEMORIES
FOR LIFE.



Banchbo Healing Touch Foundation organises Annual Special Recreational Tour exclusively for its elderly members, creating moments of joy, companionship, and rejuvenation. These tours are thoughtfully planned to provide senior citizens with a refreshing break from daily routine while encouraging social bonding, emotional wellbeing, and active ageing. Filled with sightseeing, cultural experiences, fun activities, music, laughter, and shared memories, the annual tour becomes a celebration of life, togetherness, and care — reflecting the Foundation's commitment towards holistic elder care and healthy ageing.





A Heartfelt Gesture of Appreciation for Our Empanelled Doctors



Dr. Arka Das



Dr. Debanjan Banerjee



Dr. Debobrata Ray



Dr. Mainak Chandra



Dr. Mainak Gupta



Dr. Pratik Dasgupta



Dr. Pritam Roy



Dr. Rivu Basu



Dr. Shamik Nandi



Dr. Subhankar Bandhopadhyay



Dr. Sudipta Roy



Dr. Susmita Roychowdhury



Dr. Swarapali Maity



Dr. Ujjawal Mukherjee



Dr. Amit Bhawal



Dr. Ranjita Bhattacharya



Dr. Soumik Goswami



Dr. Priankar Mishra

In celebration of **Poila Boishakh**, the Bengali New Year, **Banchbo Healing Touch Foundation (BHTF)** expressed its sincere gratitude to all its empanelled doctors for their unwavering dedication, compassionate service, and invaluable contribution to the well-being of senior citizens and community members under its care.

As a token of appreciation, BHTF presented each empanelled doctor with a beautifully designed **Bengali-themed wall clock**, symbolizing the timeless value of their service and commitment. The specially crafted gift reflected the rich cultural heritage of Bengal while conveying the Foundation's deep respect and gratitude towards the medical professionals who stand as pillars of support for its healthcare initiatives.

The gesture was warmly received by the doctors and served as a reminder of the strong bond shared between BHTF and its healthcare partners. Through their expertise, empathy, and dedication, these doctors continue to make a meaningful difference in the lives of countless individuals, particularly the elderly and vulnerable sections of society.

BHTF remains committed to recognizing and celebrating the contributions of its healthcare team, whose selfless efforts help advance the Foundation's mission of delivering accessible, compassionate, and quality care to all.





BHTF Medical & Care Service Team

OUR VISITING MEDICAL BOARD (PREVENTIVE & ON CALL)



Dr. Arijit Das

MBBS, MD, DM(PGT), PGDGM, CCGGM, FGSi



Dr. Arka Das

MBBS,MD, DM, (PERSUING CLINICAL PHARMACOLOGY)



Dr. Anindya Karmakar

MBBS,MD, DM (PERSUING CLINICAL PHARMACOLOGY)



Dr. B. Roy

MBBS



Dr. Dhires Kumar Chowdhury

MBBS, PGDGM, CCGGM, FGSi



Dr. G. C. Mondal

MBBS, F. Med



Dr. Pritam Roy

MBBS,DGO,MD, FRSPH(LONDON, UK)



Dr. Partha Mondal

MBBS, MD(GERIATRICS, PGT)



Dr. Ujjwal Mukherjee

MBBS, Specially trained in Elder Care



Dr. Aritra Khan

Clinical Dietician, Critical Care Nutritionist & Diabetes Educator. Academic Counselor & Examiner (Msc, DFSM, IGNOU) PDFMM & CCN, Doctorate(PH&CN), FCN, PGDCN, PGCDE, CCN, CRN, CCCN, CLHF, CPN

OUR CARE MANAGER TEAM



Mr. Haridas Naskar

Certified Geriatric Care and Nursing Assistant



Mr. Kunal Kumar

Certified Geriatric Care and Nursing Assistant



Mr. Malay Dey

Old Age Care Basic Pursuing

OUR NURSING TEAM



Ms. Arati Chowdhury

Certified Nursing Assistant, Certified Covid Care Assistant, Trained in First Aid, CPR



Ms. Lakshmi Mani Saren

Certified Nursing Assistant, Certified Covid Care Assistant, Trained in First Aid, CPR



Ms. Madhurima Karmakar

ANM, Certified Geriatric and Nursing Care Assistant, Trained in First Aid, CPR



Ms. Piyali Malik

Certified Nursing Assistant, Certified Covid Care Assistant, Trained in First Aid, CPR



Ms. Soma Sikder

Certified Nursing Assistant, Certified Covid Care Assistant, Trained in First Aid, CPR



Mr. Shyamal Bhuniya

Certified Nursing Assistant, Certified Covid Care Assistant, Trained in First Aid, CPR, Old Age Care Persuing



Ms. Sneha Bhowmick

Certified Nursing Assistant





Doorstep Multidisciplinary Specialist Consultancy

Avail our Multidisciplinary Specialist Consultancy Support at your doorstep – exclusively for our esteemed members, a first-of-its-kind initiative dedicated to ensuring accessible, compassionate, and holistic healthcare guidance.

We express our heartfelt gratitude to our associated specialists for their immense support and generous commitment despite their exceptionally demanding schedules, honouring and prioritising the well-being of our respected members.

- Strictly on prior appointment basis
- Not applicable for emergency response services
- Coordination only through our organisation
- Kindly refrain from direct individual communication with specialists

Because dignified care begins with responsible coordination and compassionate collaboration.

For appointment contact: **8777565221 / 9903388556 / 8240574605**

OUR LIST OF MULTIDISCIPLINARY SPECIALIST CONSULTANTS



CARDIOLOGY & MEDICINE
DR. PRATIK DASGUPTA
 (MBBS, MD)



UROLOGY & GENERAL SURGERY
DR. KAUSTAV SAHA
 M.B.B.S., M.S. (Gen. Surgery),
 F.MAS



DERMATOLOGY (SKIN)
DR. PRIYANKA MISHRA
 (MBBS, MD)



DENTAL
DR. SUBHANKAR
BANDYOPADHYAY
 (BDS)



RHEUMATOLOGY
DR. SUDDHASATWYA
CHATTERJEE
 MBBS, DNB (General Medicine)



GERIATRIC PSYCHIATRY
DR. DEBANJAN BANERJEE
 MD, DNB, MD (Psychiatry), DM
 (Geriatric Psychiatry), Fellow
 (Sexual Medicine) MBBS



OPHTHALMOLOGY (EYE)
DR. DEBOLEENA DEY
 MBBS (CAL), DO, DNB



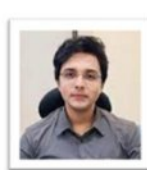
ORTHOPEDIC
DR. KARTICK NASIPURI
 MBBS, MS (Ortho)



PSYCHIATRY
DR. NILANJAN CHANDRA
 MBBS, M.D. (Psychiatry)



ENT
DR. K K GUHA
 MBBS, DLO, DIH



DIETETICS
DR. ARITRA KHAN
 Clinical & Critical Care Nutrition
 Doctorate (PH&CN), Msc DFSM



YOGTARANGA – INTERACTIVE GROUP YOGA SESSION

Yogataranga – A Positive Wellness Initiative

by Banchbo Healing Touch Foundation (BHTF)

At Banchbo Healing Touch Foundation (BHTF), we strongly believe that positive energy, emotional balance, and inner wellness are equally important for every healthcare and support professional to remain physically active, mentally resilient, spiritually enriched, and socially productive. Only a healthy and motivated team can consistently provide the highest standard of professional yet compassionate and empathetic care to our beloved members.

With this vision, we are delighted to initiate “Yogataranga” – a dedicated Yoga & Positive Wellness Initiative started with our own team members, conducted every Wednesday at 4:30 PM.

This noble initiative is being guided personally by the acclaimed Yoga Therapist Dr. Ujjwal Ghosh, Head of Asian Yoga Research Institute, VT Centre, and Council Member of the West Bengal Naturopathy & Yoga Council, Government of West Bengal.

Yogataranga is not merely a yoga session; it is a journey towards positivity, harmony, emotional strength, preventive wellness, and holistic living. Through collective yoga therapy, breathing exercises, relaxation techniques, and positive healing practices, we aspire to create a healthier and happier support ecosystem for all.

We are now pleased to extend this exclusive opportunity to our honorable BHTF members as well. Those who are interested in joining this group yoga therapy movement and wish to be showered with positivity, peace, and wellness are requested to contact us immediately at the given numbers.

Let us heal, grow, and flourish together – physically, mentally, spiritually, and socially.

YOGTARANGA
Renew, Restore, Rejuvenate
Your Silver Innings

Gentle | Safe | Guided
Group Yoga Session for Seniors

An initiative of
Banchbo Healing Touch Foundation

In Association with
Asian Yoga Research Institute & VT

Gentle movements. Better health. Stronger together.



**Banchbo
Healing
Touch
Foundation**

A touch of healing...

*Expert Care.
At Home.
Because You
Deserve the Best.*

AVAIL OUR EXCLUSIVE MULTI-SPECIALITY HOME SUPPORT

HEALING BEYOND HOSPITAL WALLS

AVAILABLE SPECIALITY:

- Geriatric Practitioner
- General Medicine
- Cardiologist
- Rheumatologist
- Orthopedic
- General Surgeon
- Geriatric Psychiatrist
- Psychiatrist
- Dermatologist
- Urologist
- Ophthalmologist
- ENT Specialist
- Dentist
- Clinical Dietitian



Actual Photo



CONVENIENT
APPOINTMENTS



COMPASSIONATE
CARE



TRUSTED
EXPERTS

COMPREHENSIVE CARE. COMPASSIONATE TOUCH. COMPLETE WELL-BEING.

AT THE COMFORT OF YOUR HOME



For Appointment Contact:
Mrs. Kajari Sen:
+91 82405 74605

Helpdesk:
9903388556



BOOK YOUR APPOINTMENT TODAY
HEALING HANDS. HEALTHY LIVES. HAPPY HOMES.



WE BRING THE HOSPITAL
TO YOUR HOME.
YOU STAY WHERE
YOU'RE COMFORTABLE.



YOGATARANGA

Renew, Restore, Rejuvenate
Your Silver Innings

Gentle • Safe • Guided
Group Yoga Session for Seniors

At Banchbo Healing Touch Foundation (BHTF), we believe positive vibes are equally important for our team members to remain physically, mentally, spiritually and socially productive, so that we can provide the highest possible professional yet empathetic services to all our beloved members.

With this vision, we have initiated "Yogataranga" with our own team members every Wednesday at 4:30 PM as committed, under the personal guidance of renowned Yoga Therapist



Dr. Ujjwal Ghosh

Head of Asian Yoga Research Institute
VT Centre & Council Member
West Bengal Naturopathy & Yoga Council
Govt. of West Bengal

Yogataranga is a journey towards positivity, harmony, emotional strength, preventive wellness and holistic living through yoga therapy, breathing exercises, relaxation techniques and positive healing practices.



We are now pleased to extend this exclusive opportunity to our honorable BHTF members also! Those who are interested to join this group yoga therapy movement and wish to be showered with positivity, peace and wellness – contact us immediately.

- Improves Flexibility & Strength
- Enhances Breathing & Energy
- Reduces Stress & Anxiety
- Promotes Mental Peace & Well-being
- Builds Social Connection & Happiness



VENUE
Garia Buddha
Temple Hall



DAY
Wednesday



TIME
4:30 PM – 5:30 PM

Enrollment
Ongoing



CONTACT
Mrs. Kajari Sen
82405 74605



www.bhtf.org

Let us heal,
grow and flourish
together.

PHYSICALLY ACTIVE • MENTALLY RESILIENT • SPIRITUALLY ENRICHED • SOCIALLY PRODUCTIVE

COMPASSION BEYOND CARE



**Banchbo
Healing
Touch
Foundation**
A touch of healing...

HEALTHY TODAY, SECURE TOMORROW.

Vaccination and essential
healthcare for your loved
ones — at home.

SAFE. CONVENIENT. TRUSTED.



VACCINATION
AT HOME



DOCTOR VISITS
AT HOME



COMPASSIONATE
CARE



Because their health
is our priority.



BOOK A SERVICE TODAY
Peace of mind for you,
better care for them.



+91 9903388556
+91 9903584759



Kolkata
& Salt Lake

WE CARE. WE SUPPORT. WE ARE THERE.



**Banchbo
Healing
Touch
Foundation**
A touch of healing...

CARE THAT COMES HOME.

Compassionate support and
medical care for your loved
ones, in the comfort of home.

OUR SERVICES



Doctor Visits
at Home



Personal Care
& Assistance



Compassionate
Support



BOOK A SERVICE TODAY
Because your loved ones
deserve the best care.



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+91 9903584759



Kolkata
& Salt Lake



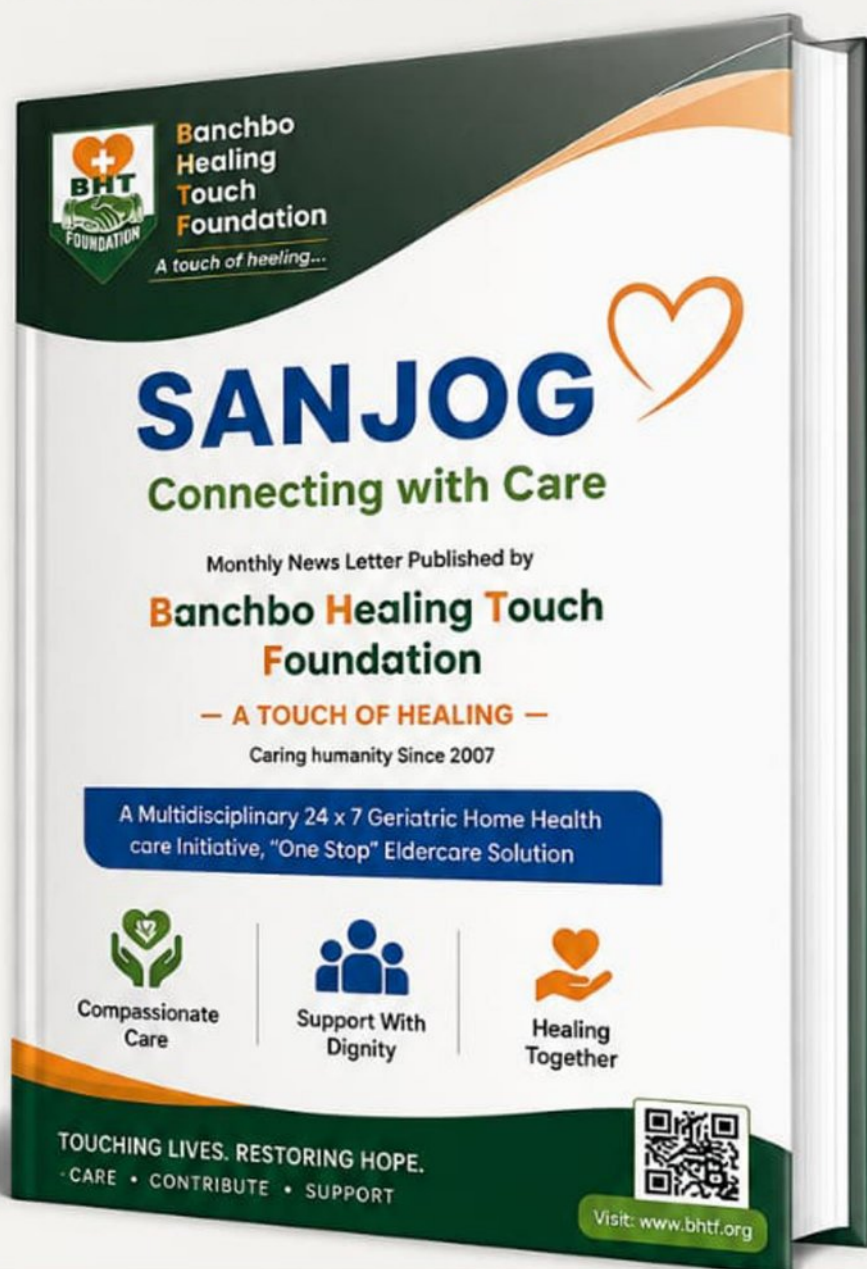
AMPLIFY YOUR IMPACT. REACH HEARTS. BUILD TOMORROW.

Promote your organization through
our esteemed e-Newsletter – **SANJOG**



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



WHY PARTNER WITH **SANJOG?**



Reach approx
5000 People



Reach Elite Silver
Citizens comprising of
distinguished elder
population of many fields



Reach
Eminent Physicians



Reach Globally
across all continents



Credentials of
19+ Years
Most Trusted
Elder Care Provider



Rich and Impactful
Contents of the
News Letter



Affordable Price
Comparing to
Branding Value

BE A PART OF A MOVEMENT THAT
HEALS. SUPPORTS. EMPOWERS. TOGETHER.



**WIDEST
REACH**



**STRONG
CREDIBILITY**



**HIGH
ENGAGEMENT**



**MEANINGFUL
VISIBILITY**

FOR PARTNERSHIP & BRANDING QUERIES, CONTACT:



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kajari.sen@bhtf.org



VISIT US:

www.bhtf.org

LET'S SHAPE A BETTER TOMORROW FOR OUR ELDERS – **TOGETHER WITH BHTF.**