



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



JULY 2026

Issue 04

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



1800+
Families
Supported



24x7
Compassionate
Elder Care



**Trusted
Across**
West Bengal & Beyond



Countless
Lives Touched,
Hopes Restored

AWARDS & RECOGNITION



Featured in Civil
Society Magazine
as Innovative
Indians (2019)



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



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



Healthcare
Achievement
Award by
Protect The Warriors



Powering
Bengal (2026)
Recognition by
Omkar TV



Award of Excellence
in Geriatric Care
2026 by Indian
Medical Association

FEATURED IN

NDTV



THE TIMES OF INDIA



The Indian EXPRESS

The Telegraph

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



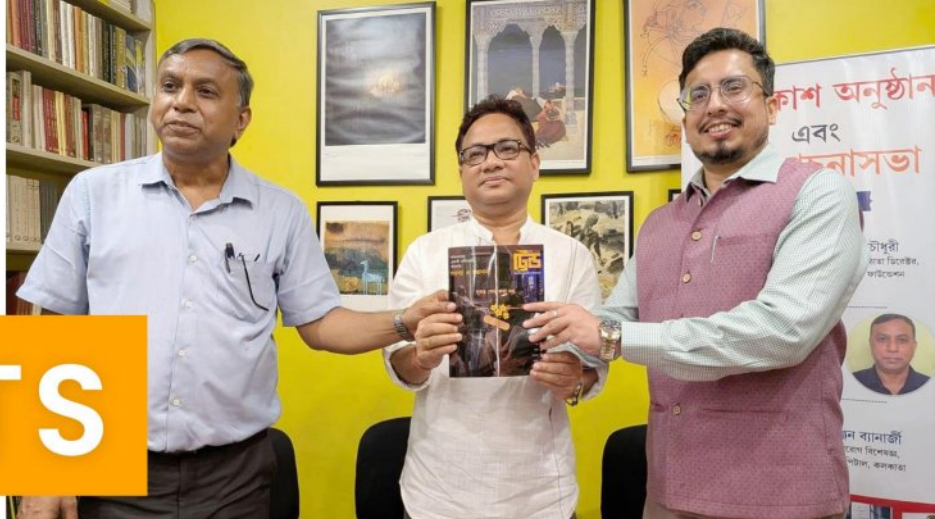
ADDRESS

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

CARE ♥ CONTRIBUTE ♥ SUPPORT

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*Dear Members, Well-Wishers and
Esteemed Stakeholders,*



It gives me immense pleasure to present the fourth issue of **Sanjog**, reflecting the meaningful work and collective progress achieved during the last month.

We were privileged to observe two significant occasions in collaboration with prestigious professional bodies. Along with the Indian Medical Association, Bengal State Branch and the Indian Medical Association, Calcutta Metro Branch, we observed World Elder Abuse Awareness Day (WEAAD), reaffirming our commitment to protecting the dignity, rights, and well-being of older persons. We also joined hands with the Indian Public Health Association, West Bengal Branch to commemorate International Yoga Day on the theme of "Healthy Ageing", highlighting the importance of preventive health and holistic well-being in later life.

Our family continues to grow with new membership enrolments across different categories in both our units, strengthening our collective endeavour towards creating an age-friendly and compassionate society. We are equally delighted to support the Sweden-based NRI magazine "Trend" in bringing out a special issue on elder care and an informative guidebook for families and caregivers.

A notable development during this period has been our submission of proposals on key geriatric issues to the relevant ministries (Health, Social Development, Hill Affairs & Minority Development, Youth Development, Tourism) of the newly formed Government in our State. These recommendations advocate for strengthening geriatric care services, developing a trained geriatric care workforce with meaningful engagement of youth, and promoting geriatric tourism as an emerging avenue for healthy, active, and socially connected ageing.

The month has also brought immense encouragement through remarkable improvements in the health and well-being of several of our members. New potential collaborations are opening fresh avenues for service and outreach, while our philanthropic initiatives continue to extend support to vulnerable older adults and underserved communities.

As **Sanjog** grows, our aspiration is not merely to expand activities but to build deeper and more meaningful connections with every member, well-wisher, and stakeholder. Together, let us continue to nurture a community founded on empathy, solidarity, and purposeful engagement, ensuring that every older person can age with dignity, health, security, and a sense of belonging.

Warm regards,

Dr. Dhires Kumar Chowdhury,
Editor, Sanjog

07th July 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



MEMBER BIRTHDAY WISHES

June 2026



Meera Sen

01st June



Mili Pain

01st June



Mira Dutta

01st June



Sunil Kumar Pal

01st June



Maitreyee Sarkar

02nd June



Nandita Dasgupta

15th June



Sandip Chakraborty

18th June



Uma Bose

18th June

*"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.





DETAILS OF NEW MEMBERSHIP

NEW MEMBER ENROLMENT LIST JUNE 2026

SL. NO.	NAME	AGE	MEMBERSHIP NO. & CATEGORY	DESIGNATION
01	ILA BANIK	97	1820 - DIAMOND	HOME MAKER
02	MAITREYEE ROY CHOWDHURY	73	1821 - SHORT TERM	SERVICE
03	RATREE SENGUPTA	61	1822 - SHORT TERM	HOME MAKER
04	DIBYENDU RAY	81	1823 - GOLDEN	EX MANAGER TATA STEEL JAMSHEDPUR
05	PARAMITA RAY	75	1824 - GOLDEN	HOME MAKER
06	SABITRI BHATTACHARJEE	87	SLT 024 - BASIC	HOUSE WIFE
07	BAMADEV BHATTACHARYYA	88	SLT 025 - BASIC	RETIRED ITS CALCUTTA TELEPHONE
08	SEKHAR KUMAR BANERJEE	75	SLT 026 - BASIC	RETIRED (BEEKAY GROUP - HEAD OF EASTERN REGION)
09	ARATI RAYCHAUDHURI	73	SLT 027 - CARE 360	HOME MAKER
10	SIMA BANDYOPADHYAY HALDER	78	1825 - GOLDEN	RETIRED - SENIOR LECTURER, RABINDRA BHARATI UNIVERSITY
11	SHYAMALI BANDYOPADHYAY	84	1826 - GOLDEN	RETIRED - PUBLIC LIBRARY (NABAJATAK)
12	SANJIT RAY	69	1827 - GOLDEN	RETIRED - STATE TRANSPORT
13	DALIA DAS	70	1828 - GOLDEN	HOME MAKER
14	PALLAB PODDAR	63	1829 - GOLDEN	RETIRED - PROFESSOR (JADAVPUR UNIVERSITY)
15	ROCHANA DAS PODDAR	62	1830 - GOLDEN	ASSOCIATE PROFESSOR (JADAVPUR UNIVERSITY)
16	SUBODH CHANDRA GORAI	81	1831 - GOLDEN	Process & Network Manager, Indian Oil Corporation, Haldia
17	UMA SINHA ROY	70	CARE 360	HOME MAKER



KEY EVENTS AND HIGHLIGHTS

Summary of Important Programmes conducted during the period

1. Health Camp at Sundarban
2. World Elder Abuse Awareness Day
3. Observance of International Day of Yoga
4. Participates In HCAI National Homecare Census 2026
5. Certified Nursing Assistant Course 15th Batch Conducted by: Banchbo School of Human Skill Development Technical support from Banchbo Healing Touch Foundation
6. Proposal Of BHTF to West Bengal Govt. Ministries

HEALTH CAMP AT SUNDARBAN



Banchbo Sociocultural Association successfully organized a **Geriatric Health Camp on 28 June 2026** at Sundarban as part of its ongoing commitment to improving healthcare access for elderly people in remote and underserved areas.

The camp witnessed enthusiastic participation from senior citizens of the locality, who received comprehensive health check-ups, medical consultations, and essential medicines free of cost. A team of experienced doctors, healthcare professionals, and dedicated volunteers provided services including blood pressure monitoring, blood sugar testing, general health assessments, and counseling on age-related health issues.

The initiative aimed to promote preventive healthcare, encourage early detection of common geriatric ailments, and enhance awareness regarding healthy ageing. The beneficiaries expressed their gratitude for the compassionate care and timely medical support extended by the organization.





WORLD ELDER ABUSE AWARENESS DAY – 14TH JUNE 2026



WORLD ELDER ABUSE AWARENESS DAY 2026 was observed by **Indian Medical Association Calcutta Metro Branch** and **Banchbo Healing Touch Foundation** under the aegis of **Indian Medical Association Bengal State** at Jatra Shuru Sangha Hall, Garia, South Kolkata on 14th June 2026.

This program witnessed an enthusiastic gathering of senior citizens along with eminent physicians, public health experts, social workers, and representatives of organizations working in the field of elderly welfare.

Distinguished guests included **Prof. Dr. Prasanta Bhattacharyya** (President, IMA Calcutta Metro & Hony Secretary, JIMA), **Prof. Dr. Debasish Basu** (Former Principal, Medical College Bengal), **Prof. Dr. Ranjan Bhattacharyya** (Editor, JIMA & Hony Joint Secretary, IMA Bengal State), **Dr. Anirban Dalui** (Hony Asst Secretary, IMA HQ & IMA Bengal State), **Dr. Tarit Chatterjee** (Treasurer, IMA Calcutta Metro) along with several other eminent medical professionals.

A major highlight of the event was a special panel discussion titled: "Break the Silence: Recognize, Prevent and Respond to Elder Abuse." The panel featured distinguished experts including **Dr. Debanjan Banerjee** (Consultant Psychiatrist, Apollo Multispeciality Hospital), **Dr. Rahul Bhattacharyya** (Secretary, Geriatric Society of India West Bengal Chapter), **Dr. Rivu Basu** (Eminent Public Health Expert, AIH&PH), **Dr. Udit Ghosh Sarkar** (Eminent Gerontologist) and was moderated by **Dr. Dhires Chowdhury**, Founder-Director of Banchbo Healing Touch Foundation.

The rich and thought-provoking discussion highlighted the various forms of elder abuse, including physical, psychological, financial, and social abuse. Special attention was given to the growing challenges of emotional neglect, social isolation, intergenerational disconnect, loneliness, and digital fraud targeting older adults. Panelists also underscored the responsibilities of families, communities, youth, and older persons themselves in addressing these issues.

As part of the observance, free health consultations and essential health screenings were provided to senior citizens by specialist doctors. Representatives from the Kolkata Police's PRONAM Project, members of retired employees' associations, representatives of various NGOs working for elderly welfare, and numerous senior citizens were also present.

The day-long programme, combining awareness, healthcare services, expert deliberations, and cultural activities, reinforced the collective commitment to ensuring dignity, safety, inclusion, and respect for older persons.



SPECIAL EVENT: OBSERVANCE OF INTERNATIONAL DAY OF YOGA

Banchbo Healing Touch Foundation (BHTF), Banchbo School of Human Skill Development (BSHSD) in association with the **Asian Yoga Research Institute and VTC**, successfully organized a **Yoga Awareness Programme** on **27 June 2026** at **Garia Buddha Mandir Hall** to promote the role of yoga in healthy ageing and geriatric well-being.

The programme commenced with the warm felicitation of **Mr. Swarup Goswami**, Regional Coordinator, **Healthcare Sector Skill Council (HSSC)** – Eastern Region, and **Mr. Ujjwal Ghosh**, renowned **Yoga Practitioner and Founder of the Asian Yoga Research Institute & VTC**. The inaugural session featured the traditional lamp-lighting ceremony by the distinguished guests and members of BHTF.

In his welcome address, **Dr. Dhires Kumar Chowdhury**, Founder Director of BHTF, highlighted the growing importance of integrating yoga into modern geriatric healthcare. **Mr. Swarup Goswami** and **Mr. Ujjwal Ghosh** also shared valuable insights on the scientific and practical applications of yoga in promoting healthy ageing and improving the quality of life of senior citizens.

A live yoga demonstration conducted by **Mr. Ujjwal Ghosh** received enthusiastic participation from attendees. The programme also included an interactive session with students of **BSHSD**, where **Dr. Dhires Kumar Chowdhury**, **Mr. Swarup Goswami**, and **Mr. Ujjwal Ghosh** addressed questions on the credibility and relevance of yoga in contemporary geriatric care. The event concluded with a group photograph and the singing of the National Anthem, marking the successful completion of a meaningful and inspiring programme.



PARTICIPATES IN HCAI NATIONAL HOMECARE CENSUS 2026

Banchbo Healing Touch Foundation Participates in HCAI National Homecare Census 2026

Banchbo Healing Touch Foundation proudly participated in the HCAI National Homecare Census 2026, an initiative of the Home Care Association of India (HCAI) aimed at strengthening and advancing the homecare ecosystem across the country. In recognition of its valuable contribution to this important national initiative, the Foundation was awarded a Certificate of Participation by HCAI on 2 July 2026.



CERTIFIED NURSING ASSISTANT COURSE 15TH BATCH CONDUCTED BY: BANCHBO SCHOOL OF HUMAN SKILL DEVELOPMENT TECHNICAL SUPPORT FROM BANCHBO HEALING TOUCH FOUNDATION



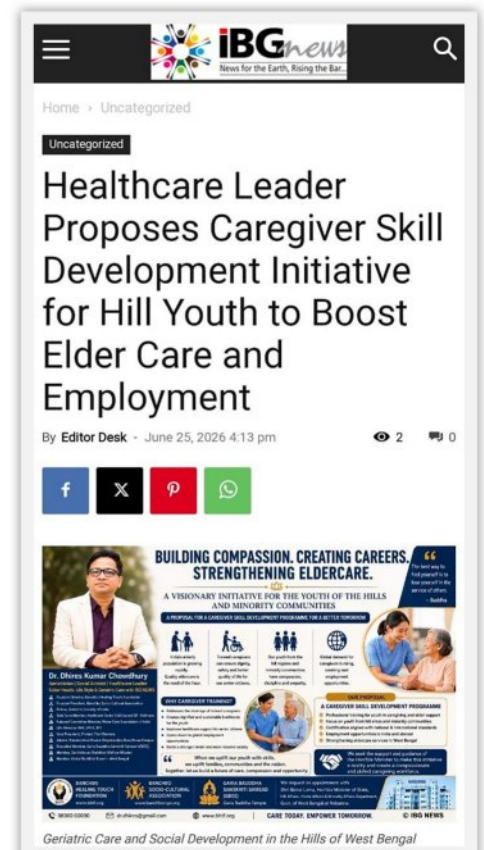


PROPOSAL OF BHTF TO WEST BENGAL GOVT. MINISTRIES

An article published by **IBG News** on **13 June 2026** highlights an appeal by renowned geriatric expert **Dr. Dhires Kumar Chowdhury** urging the Government of West Bengal to introduce a **youth-led social security initiative** for senior citizens. The proposal emphasizes building a strong partnership between young volunteers and elderly citizens to address the growing challenges of ageing through community participation. Key recommendations include creating local youth support networks, promoting intergenerational bonding, providing skill development in geriatric care, recognizing youth volunteers, and strengthening collaboration with civil society organizations. The initiative aims to foster compassion, social inclusion, and a sustainable support system for the elderly across the state.

An article published by **IBG News** on **25 June 2026** highlights a proposal by healthcare leader and geriatric expert **Dr. Dhires Kumar Chowdhury** advocating a **Caregiver Skill Development Initiative** for the youth of the hill and minority communities of West Bengal. The initiative aims to equip young people with professional caregiving skills, creating employment opportunities while addressing the growing demand for quality elder care. The proposal emphasizes structured training, certification, and community-based care services to strengthen geriatric healthcare, improve the quality of life for senior citizens, and promote sustainable socio-economic development in the hill regions. It presents a vision of combining compassionate service with skill development to benefit both the elderly and unemployed youth.

SI No	Designated Ministers with Department	Proposals
1.	 Smt. Agnimitra Paul, Hon'ble Minister, Department of Women & Child Development and Social Welfare.	Proposal for Strengthening Social Security and Geriatric Care Support for Senior Citizens in West Bengal
2.	 Dr. Sharadwat Mukhopadhyay, Hon'ble Minister-in-Charge, Department of Health & Family Welfare.	Proposal for Establishment of a Statewide Geriatric Healthcare Personnel Programme through Youth Skill Development and Request for Appointment
3.	 Dr. Indranil Khan, Hon'ble Minister of State - Independent Charge, Department of Sports & Youth Services.	Proposal for Strengthening Social Security of Senior Citizens through Youth Engagement, Skill Development and Intergenerational Bonding in West Bengal
4.	 Dr. Hare Krishna Bera, Minister of State, Department of Technical Education, Training & Skill Development	Proposal for Establishment of a Statewide Geriatric Healthcare Personnel Programme through Youth Skill Development and Request for Appointment
5.	 Mr. Bishal Lama, Minister of State, Home Affairs, Hill Affairs and the Minority Affairs Department	Proposal for Promoting Caregiver Skill Development and Employment Opportunities for Minority Youth in the Hill Regions of West Bengal
6.	 Mr. Kshudiram Tudu, Minister in Charge, Department of Minority Affairs, Tribal Development & Madrasah Education,	Proposal for Promoting Employment Opportunities for Minority and Tribal Youth through Professional Caregiver Skill Development





Health Talk

HOW MUCH EXERCISE

DO OLDER ADULTS NEED?

Regular physical activity is essential for healthy ageing. Older adults should aim for at least **150 minutes of moderate-intensity exercise per week**, preferably spread over most days. Activities such as brisk walking, cycling, swimming, dancing, and gardening are excellent choices



“

Some activity is always better than none. Move more, sit less, and stay active every day. It is never too late to start exercising and reap its benefits.



1. AEROBIC ACTIVITY

Aim for at least

150 MINUTES

of moderate-intensity physical activity each week.



Brisk walking Cycling Swimming Dancing Gardening

Divide in short sessions of **20–30 minutes** on most days of the week.



2. MUSCLE-STRENGTHENING ACTIVITY

Perform muscle-strengthening exercises at least

TWICE A WEEK.

- Use resistance bands
- Lift light weights
- Climb stairs
- Perform chair exercises

These help maintain muscle mass, improve strength and support daily functioning.



3. BALANCE & FLEXIBILITY ACTIVITY

Practice at least

THREE TIMES A WEEK.

Activities like yoga, tai chi, and stretching exercises improve mobility, flexibility, and balance – and reduce the risk of falls.



BENEFITS OF REGULAR EXERCISE



Helps control blood pressure, blood sugar, and body weight



Reduces risk of heart disease, stroke, osteoporosis, and certain cancers



Improves sleep quality



Reduces anxiety, depression and improves mood



Supports memory and cognitive function

TIPS FOR SAFE EXERCISE

- ✓ Start slowly and increase activity levels gradually.
- ✓ Stay hydrated.
- ✓ Wear comfortable clothing and supportive footwear.
- ✓ Listen to your body and take rest when needed.
- ✓ If you have a medical condition, consult your doctor.



EVERYDAY MOVEMENT COUNTS!



Walk to the market



Do household chores



Tend a garden



Take the stairs

Regular exercise improves heart health, controls blood pressure and blood sugar, strengthens bones and muscles, enhances sleep, and supports mental well-being and memory.



Dr. Kartick Nasipuri

MS (Ortho), BHTF Speciality Board Member & Orthopedic Surgeon, Canning Sub Divisional Hospital





Echos of impact



My association with Banchbo Healing Touch Foundation date back to June 2022. My mother had just been discharged from hospital after a massive heart attack, and following recommendations from a family friend in Melbourne, I opted for Banchbo's Diamond Membership for both my mother and father. At the time, Apurbo Babu of Banchbo even arranged for a round-the-clock attendant for my mother. Being an NGO organisation, Banchbo is not like other business minded senior citizen home healthcare service providers; I have always found them very professional and compassionate. My father passed away in April 2024 and since then I opted for Care 360 for my mother. Kunal has been a very dedicated Care Manager for my mother, not only overseeing her medical requirements, but also managing her bank related and other paperwork, payment of bills, etc. When my mother fell and broke her pelvic joint in April last year, Banchbo arranged for their panel of doctors to treat my mother at home. Dr. Avijit Das of Banchbo comes to our house every month to check up Ma and regulate her medicines; this is a major plus point for Banchbo. In January-February of this year, my mother had to call for assistance on a few occasions in the middle of the night; Banchbo's emergency doctor and nurse attended to her needs within the hour. I remain grateful to Banchbo for the support they have been extending to my mother. Living so far away in the UK, I have complete peace of mind. I want to take this opportunity to sincerely thank the entire team of Banchbo.

Mr. Ronojoy Goho

Ingleby Barwick, County Durham, UK

Son of Mrs. Bijoya Goho (Diamond Member No. 1412)





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.





UPCOMING EVENT

REMEMBRANCE AND MEMORIAL AWARD & ORATION

Remembrance of
Dr. A. K. Roychowdhury
(27.05.1944 - 27.07.2025)

Legendary Physician and
Advisor of
Banchbo Healing Touch Foundation

Organized by:
BANCHBO HEALING TOUCH FOUNDATION

	Dr. A. K. Roychowdhury Memorial LIFETIME ACHIEVEMENT AWARD – 2026 <i>For the outstanding contribution in the Geriatric & Gerontology Field</i>	 Recipient: Dr. Chinmoy Kumar Maity Eminent Geriatrician & National President, Geriatric Society of India
	Dr. A. K. Roychowdhury Memorial OUTSTANDING YOUNG GERIATRICIAN AWARD – 2026 <i>For the exemplary role as a Young Geriatrician</i>	 Recipient: Dr. Arijit Das Consultant Geriatrician & Clinical Pharmacologist
	Dr. A. K. Roychowdhury Memorial ORATION – 2026 Topic: <i>Medical Ethics in the Era of Technology: Preserving the Human Touch in Healthcare</i>	 By: Mr. Debashis Sen IAS Ex Principle Secretary, IT, and Ex Chairman HIDCO, Govt. of West Bengal

27TH JULY, 2026 | 6 PM ONWARDS | DR. TRIGUNA SEN HALL,
JADAVPUR UNIVERSITY

*“Honouring a life of compassion, wisdom and service.”
Inspiring generations of healers.*

Banchbo Healing Touch Foundation will commemorate the **1st Death Anniversary of Dr. A. K. Roychowdhury**, the legendary physician and esteemed Advisor of the Foundation, through a memorial gathering and awards ceremony on **27th July 2026**.

The event will honour the life, values, and extraordinary contributions of Dr. Roychowdhury to healthcare and humanitarian service. As a tribute to his enduring legacy, distinguished Geriatricians Dr. Chinmoy Kumar Maity and Dr. Arijit Das will be felicitated for their exemplary contributions in the fields of healthcare, social service, and community welfare.

Date: 27th July 2026

Time: 6:00 PM onwards

Venue: Dr. Triguna Sen Hall, Jadavpur University

The programme will bring together eminent physicians, healthcare professionals, social workers, dignitaries, and well-wishers to pay homage to the inspiring legacy of **Dr. A. K. Roychowdhury** and celebrate excellence in service to humanity.





Beneficiary Story

A Vital Intervention, A Life Protected



Mrs. Rina Roy (86 years), recently enrolled as Diamond Category member of Banchbo Healing Touch Foundation (Membership No. 1819). She has been living with several chronic age-related health conditions, including Hypertension, Chronic Obstructive Pulmonary Disease, Type 2 diabetes and Chest congestion.

On 27th May, 2026, a first Emergency call was attended by BHTF helpdesk from her home experiencing a sudden medical emergency when her **SPO2 dropped to 75%** and **blood sugar level rose to 270 mgdl**. She became bedridden with significant health risk. Recognizing the urgency, BHTF promptly activated its emergency support system.

Under the expert guidance of our medical team expert **Dr. Arijit Das**, immediate medical intervention, implemented necessary treatment measures with nebulizations, injections and 24 hours oxygen support with Nurse monitoring. ECG and blood test were done diet chart was provided. She was under observation for a week under Dr. Das. Presently she is totally out of danger, her vitals are now normal and she is doing her normal daily living.

The timely response proved crucial. Mrs. Roy 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.

"...don't carry forenoon into the afternoon (old age), otherwise there will be a great diminution of personality and want of inner qualitative enrichment."

- Swami Ranganathananda

HONOURED INVITATION

1. INDIAN ASSOCIATION OF RETIRED PERSON



On 04.06.2026 Dr. Dhires Kumar Chowdhury had the privilege of attending a Rabindra-Nazrul cultural evening at Surya Sen Mancha, Jodhpur Park, as a special guest at the invitation of the Indian Association of Retired Persons. Dr. Chowdhury shared a few thoughts on healthy and meaningful ageing, along with a recitation of own poetry. It was truly an honour and a rewarding experience.

Keeping in mind the spirit of a Rabindra-Nazrul evening Dr Chowdhury approached the subject from a different perspective—through the lives, thoughts, and philosophies of Rabindranath Tagore and Kazi Nazrul Islam, particularly their views on ageing and the way they embraced different stages of life.

2. AMRA PADATIK – WORLD ENVIROMENT DAY



On the observance of World Environment Day programme on 05.06.2026 organized for the children of sex workers in Sonagachi Dr. Dhires Kumar Chowdhury was invited on behalf of Amra Padatik a branch organization of the Durbar Mahila Samanwaya Committee to participate in the event. Amra Padatik works for the overall development and welfare of these children.

As part of the celebration, saplings were distributed among the children, and the programme also featured cultural performances, including dance presentations by the young participants.

Since the event was organised to mark Environment Day and aware consciousness among the underprivileged children of sex workers of Sonagachi Dr. Chowdhury recited the poem “Sabar Ami Chhatra” by poet Sunirmal Basu that carried a message deeply relevant to this year’s theme of living in harmony with nature and addressing climate change.

Heartiest thanks to social worker Mrs. Mahashweta Mukherjee, who has long been dedicated to advocating for the rights and welfare of sex workers, for giving me this meaningful opportunity.

3. INVITATION AS GUEST SPEAKER AND INAUGURATION OF MAGAZINE



The inaugural edition of "**Trend**", a lifestyle magazine celebrating the rich heritage, culture, and contemporary lifestyle of Bengalis, was formally launched on **26 June 2026** at **Pratikshan Boichaghar, College Street, Kolkata.**

The event was graced by eminent personalities as guest speakers including **Dr. Dhires Kumar Chowdhury**, Geriatrician and Founder of Banchbo Healing Touch Foundation, **Prof. Dr. Arunansu Talukder**, Head of the Department of Geriatric Superspeciality, Medical College, Kolkata, and Nodal Head of the Regional Geriatric Centre, Kolkata, and **Dr. Debanjan Banerjee**, renowned Geriatric Psychiatrist.



The distinguished guests officially unveiled the magazine and appreciated the initiative for showcasing the evolving lifestyle, traditions, literature, art, and cultural identity of the Bengali community. They also highlighted the importance of such publications in preserving cultural values while embracing modern perspectives.





4. ATTENDING SPECIAL EVENT AT IPHA BHAVAN IN OBSERVANCE OF INTERNATIONAL YOGA DAY

A **Yoga Awareness Programme** was successfully organized on **27 June 2026** through the joint initiative of **Banchbo Healing Touch Foundation (BHTF)** and **Indian Public Health Association (IPHA)**, with support from the **Asian Yoga Research Institute and VTC**.

The programme was attended by **Dr. Dhires Kumar Chowdhury**, Founder of Banchbo Healing Touch Foundation, along with the BHTF team, **Dr. Ujjwal Ghosh**, eminent yoga practitioner, and senior officials of IPHA. The event highlighted the



vital role of yoga in promoting physical fitness, mental well-being, and healthy ageing, particularly among senior citizens.

Participants actively took part in guided yoga sessions and interactive discussions on the preventive and therapeutic benefits of yoga in everyday life. The programme reinforced the importance of collaborative efforts in creating greater awareness about holistic health and wellness, while encouraging the adoption of yoga as a sustainable lifestyle practice.



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

Walt Disney





NOTABLE PERSON VISIT



On 12.06.2026 Dr. Sayantani Chakraborty, Founder of Nearhealth visited our office for MOU signing ceremony. We are looking forward to work together in empowering elderly lives through innovative, accessible and compassionate health care solutions.

**BANCHBO HEALING TOUCH FOUNDATION**



MOU SIGNING CEREMONY FOR THE CAUSE OF ELDERLY CARE

UNITED BY COMPASSION. DRIVEN BY PURPOSE.



Banchbo Healing Touch Foundation and Nearhealth
join hands to empower elderly lives through innovative, accessible, and compassionate healthcare solutions.



We always encourage **STARTUP INITIATIVES** dedicated to **GERIATRIC HEALTHCARE**.



Encouraging **Nearhealth** is a step towards a healthier, dignified, and happier **TOMORROW**.



Best Wishes to
Dr. Sayantani Chakraborty
for her inspiring initiative and vision for elderly care.



"Alone we can do so little; together we can do so much for those who once cared for us."



IMPROVING QUALITY OF LIFE



COMPASSIONATE CARE



INNOVATIVE SOLUTIONS

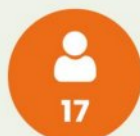


BUILDING A BETTER TOMORROW

TOGETHER, LET'S CREATE A HEALTHIER FUTURE FOR OUR ELDERLY.

SERVICE RECORD OF BHTF

(June 2026)



Members Enrolled



Total Hours



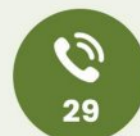
Empaneled Doctors



Total Visit



Blood Test



Emergency Call



Non Emergency Call



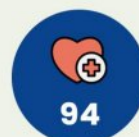
Specialists visit



ECG



Ambulance



Care 360 Service



Home Nurse Service



Care Giver



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, 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. Sneha Bhowmick

Certified Nursing Assistant



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 Pursuing





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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. PRIYANKAR 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





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- Orthopedic
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- Psychiatrist
- Dermatologist
- Urologist
- Ophthalmologist
- ENT Specialist
- Dentist
- Clinical Dietitian



Actual Photo



CONVENIENT
APPOINTMENTS



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CARE



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Helpdesk:

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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



Mrs. Kajari Sen
82405 74605



www.bhtf.org

Let us heal,
grow and flourish
together.

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COMPASSION BEYOND CARE



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AT HOME



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Support



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deserve the best care.



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Kolkata
& Salt Lake



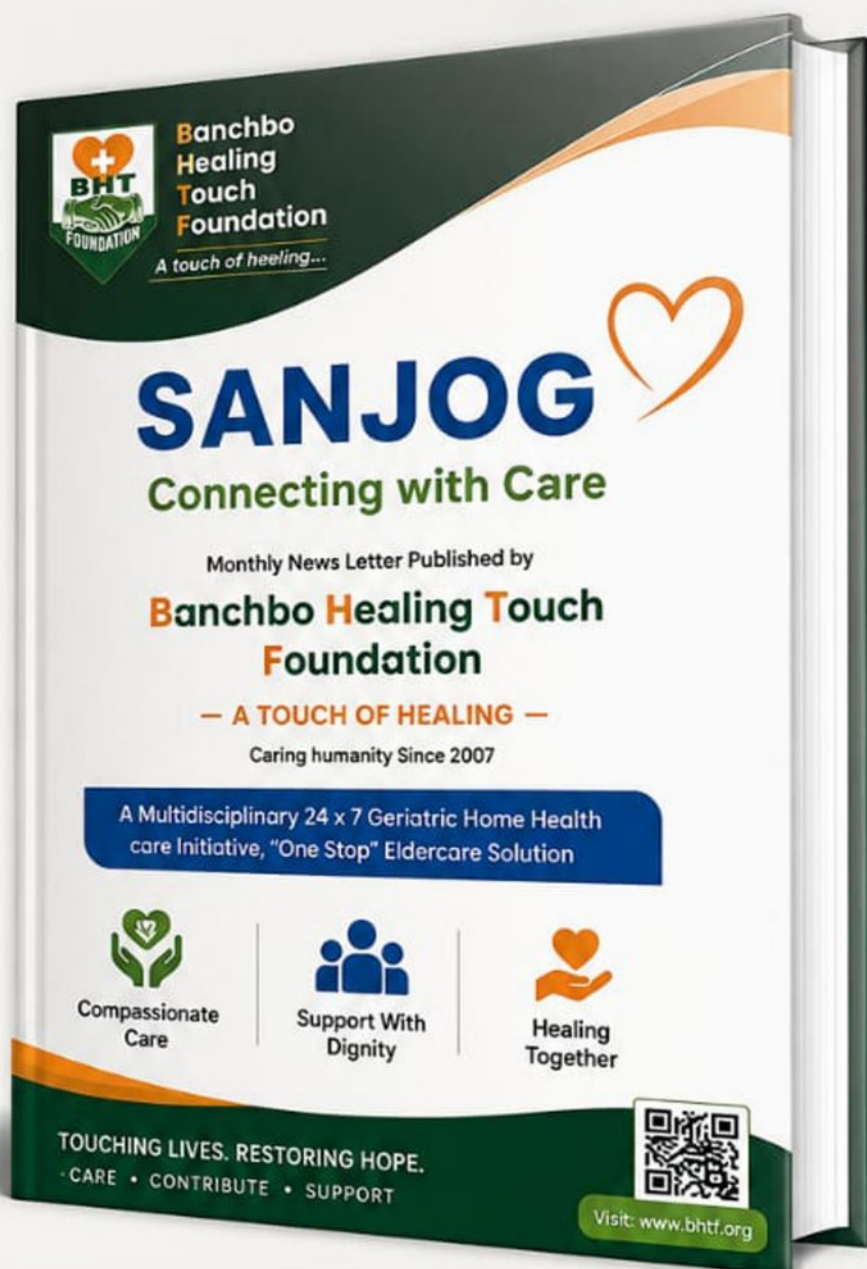
AMPLIFY YOUR IMPACT. REACH HEARTS. BUILD TOMORROW.

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our esteemed e-Newsletter – **SANJOG**



**Banchbo
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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.**