



**Banchbo
Healing
Touch
Foundation**

A touch of healing...



SANJOG



Connecting with Care

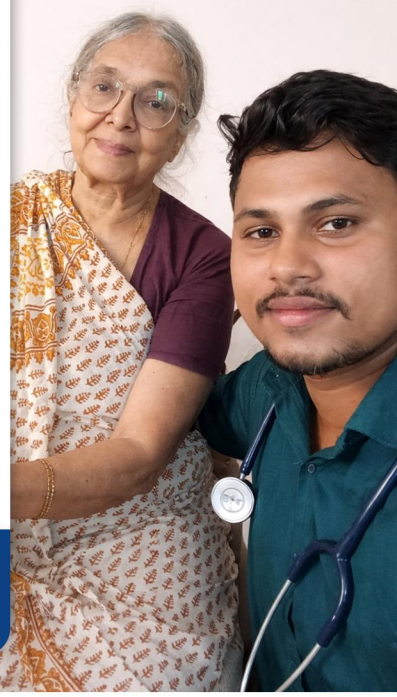
Monthly News Letter Published by

**Banchbo Healing Touch
Foundation**

— **A TOUCH OF HEALING** —

Serving Humanity Since 2007

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



Compassionate
Care



Support With
Dignity



Healing
Together

APRIL 2026

Issue 01

TOUCHING LIVES, RESTORING HOPE

• CARE • CONTRIBUTE • SUPPORT

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www.bhtf.org



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



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



This inaugural issue of our monthly newsletter – **Sanjog** marks the beginning of a new and shared journey—an effort to stay connected, informed, and engaged with the work of **Banchbo Healing Touch Foundation**.

At the core of our mission is our commitment to **24×7 multidisciplinary geriatric home healthcare support**, ensuring continuous, coordinated, and compassionate care for the elderly within the comfort of their homes.

We take this opportunity to express our sincere gratitude for the trust and reliability you have bestowed upon us over more than 19 years since our inception in 2007. Your continued support has been instrumental in sustaining both our service initiatives and our philanthropic activities.

Through this monthly newsletter, we aim to share regular updates on our activities, insights from the field, and the progress we are making together in strengthening our home-based elder care support.

As we begin this journey, your continued support and association remain our greatest strength.

We look forward to walking this path together.

Warm regards,

A handwritten signature in black ink, reading "Dr. Dhires Kumar Chowdhury". The signature is stylized and includes a circular mark at the beginning.

Dr. Dhires Kumar Chowdhury,
Editor, Sanjog

Poila Boisakh, 1433 | 15th April, 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 (in every monthly basis)

- 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)

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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.

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 Basic Blood Test
- 1 time dietician's consultation
- 1 time Dental Check up
- Added Service at an affordable price
- 24 x 7 Emergency Assistance

MR. APURBA GHOSH
(Promotional Manager)

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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.



DETAILS NEW MEMBERSHIP

(JANUARY TO MARCH 2026)

NEW MEMBER ENROLMENT LIST JANUARY 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
01	Parimal Chandra Majumder	82	1764 - GOLDEN	Indian Oil - Finance Manager
02	Anju Majumder	73	1765 - GOLDEN	Homemaker
03	Pratima Roy	82	1766 - DIAMOND	Homemaker
04	Arpita Mitra	80	1767 - DIAMOND	Retd Teacher
05	Prakriti Basumallik	65	1768 - GOLDEN	Homemaker
06	Dr. Deepak Ghosal	76	1769 - GOLDEN	Retd - Sail Hospital
07	Sarmistha Dutttagupta	60	1770 - GOLDEN	Writer - Researcher
08	Suranjan Gupta	61	1771 - GOLDEN	Executive Director, EEPIC India
09	Uma Prasanna Majumder	87	1772 - HDU	Retd - Insurance
10	Syamasri Chatterjee	80	1773 - GOLDEN	Retd. Assistant Admin Officer - Hindustan Fertilizer
11	Manjusree Sen	81	1774 - GOLDEN	Homemaker
12	Samir Kumar Bhattacharya	76	1775 - DIAMOND	Retd - Hindustan Unilever Chemical Engineer
13	Gouri Bhattacharya	74	1776 - DIAMOND	Homemaker



DETAILS NEW MEMBERSHIP

(JANUARY TO MARCH 2026)

NEW MEMBER ENROLMENT LIST JANUARY 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
14	Krishna Mukherjee	73	1777 - DIAMOND	Homemaker
15	Gautam Chakraborty	60	1778 - GOLDEN	Journalist
16	Prabir Krishna Ghosh Moulick	72	1779 - GOLDEN	Retired
17	Rekha Chakraborty	88	1780 - DIAMOND	Homemaker
18	Malaya Sarkar	80	1781 - GOLDEN	Retd - Prof (Bio Chemistry) NRS Medical College

NEW MEMBER ENROLMENT LIST FEBRUARY 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
01	Gora Chand Ghosh	74	1782 - SILVER	Retd Govt Officer Food Corporation of India - Manager General RO
02	Jhumur Ghosh	69	1783 - SILVER	Housewife - Metlife Financial Advisor
03	Sunetra Dasgupta	59	1784 - GOLDEN	Retired
04	Arati Das	81	1785 - GOLDEN	Homemaker



DETAILS NEW MEMBERSHIP

(JANUARY TO MARCH 2026)

NEW MEMBER ENROLMENT LIST FEBRUARY 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
05	Papia Mukhopadhyay	66	1786 - DIAMOND	Mahadevi Birla World Academy Teacher (Retd)
06	Subhankar Mukhopadhyay	71	1787 - GOLDEN	Senior Manager Indian Overseas Bank
07	Sunil Kumar Paul	88	1788 - DIAMOND	Planning & Research Dept - Joint Director

NEW MEMBER ENROLMENT LIST MARCH 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
01	Oli Dutta	73	1789 - GOLDEN	Home Maker
02	Rahul Dutta	79	1790 - GOLDEN	General Manager TATA TEA (Retd.)
03	Bibekananda Ghosh	79	1791 - DIAMOND	Businessman (Retd.)
04	Bimal Chowdhury	81	1792 - DIAMOND	Businessman
05	Chandana Chowdhury	73	1793 - GOLDEN	Homemaker
06	Samiya Ranjan Das	81	1794 - DIAMOND	Self Employed
07	Bimalendu Das	93	1795 - GOLDEN	Retd.



DETAILS NEW MEMBERSHIP

(JANUARY TO MARCH 2026)

NEW MEMBER ENROLMENT LIST MARCH 2026

Sl. No.	Name	Age	Membership No. & Category	Designaion
08	Murli Devi Agarwal	83	1796 - GOLDEN	Homemaker
09	Pankaj Kumar Koley	77	1797 - GOLDEN	Branch Manager State Bank (Retd)
10	Ashima Koley	70	1798 - GOLDEN	Homemaker
11	Debi Prasad Bhowmik	79	1799 - GOLDEN	National Instruments Ltd. (Retd)
12	Chhabi Bhowmik	72	1800 - GOLDEN	Homemaker

"...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



MEMBER BIRTHDAY WISHES

March 2026



Pratima Chowdhury
(M No. 1717)



Archana Guha
(M No. 708)



Ranjan Ray
(M No. 1599)



Subrata Sen
(M No. 1537)



Namita Chakraborty
(M No. 1118)



Sunanda Ghosh
(M No. 1526)



Dilip Kumar Basak
(M No. 1374)



Susmita Barua
(M No. 1362)



Nita Nag
(M No. 1124)

HAPPY
Birthday



Rekha Majumder
(M No. 1613)

To all the members who had a Happy Birthday for the month of March, Banchbo Healing Touch Foundation wishes you a very happy birthday. The Banchbo Healing Touch Foundation family is extremely blessed and delighted to be able to hand over the gift to them. May the coming days be healthy and happy.



KEY EVENTS AND HIGHLIGHTS

Summary of Important Programmes conducted during the period

1. Health Camp at Sundarban on 01.03.2026
2. BHTF Doctor’s Meet on 05.03.2026
3. Basanta Utsab at Sundarban on 07.03.2026
4. MSME “Best Social Impact Award Through the Entrepreneur” to BHTF by BCC&I on 10.03.2026
5. Panel Discussion on “Ethics & the Spirit of Service” at Ramakrishna Mission Vidyamandira, Bose House Campus, Rishra on 14.03.2026
6. National Seminar on “ Reframing the Ageing Agenda: Advancing Equity and Dignity for the Elderly” at St. Xavier’s College on 17.03.2026
7. A Symposium on Happy Living by Senior Citizen by Rotary Club and ABMF at Rotary Sadan on 20.03.2026

HEALTH CAMP AT SUNDARBAN



A health camp was successfully organized for local residents and senior citizens in the Sundarban region on 1st March aiming to provide accessible and essential healthcare services to underserved communities. The camp offered free medical check-ups, basic diagnostic services, and distribution of medicines, with special attention given to the needs of elderly patients. A team of dedicated doctors, nurses, and volunteers actively participated, ensuring

compassionate care and awareness on preventive health practices. The initiative not only addressed immediate health concerns but also emphasized the importance of regular medical care, hygiene, and early detection of diseases, thereby contributing to the overall well-being of the community.



KEY EVENTS AND HIGHLIGHTS

BEST SOCIAL IMPACT AWARD THROUGH THE ENTREPRENEUR



Banchbo Healing Touch Foundation has been honored with the "Best Social Impact Award Through the Entrepreneur" by the Bengal Chamber of Commerce and Industries (BCC&I) - nation's one of the most oldest chamber, established in 1833 during the 16th MSME Conclave and Award event in 2026. This award, received in competition with several prominent companies, accentuate our established credentials in providing dedicated and

professional social services. The achievement is a testament to the hard work of our committed team members at BHTF and the trust placed in us by our numerous members over the past 19 years. Receiving this award further reinforces our responsibility and commitment to our mission.

BHTF DOCTOR MEET



A Doctors' Meet organized by Banchbo Healing Touch Foundation brought together experienced medical professionals to exchange knowledge, discuss advancements in geriatric care, and strengthen collaborative healthcare efforts. The event fostered meaningful interaction among doctors, reinforcing BHTF's commitment to delivering holistic, compassionate, and quality healthcare services to senior citizens. Eminent doctors from various specialties shared their valuable insights on emerging health challenges, geriatric care, and the importance of a holistic approach to patient well-being.



KEY EVENTS AND HIGHLIGHTS

PANEL DISCUSSION ON “ETHICS & THE SPIRIT OF SERVICE” AT RAMAKRISHNA MISSION VIDYAMANDIRA



The passed out participants of “Certified Geriatric Care & Nursing Assistant” Course (currently Old Age Care -Basic), “Certified Geriatric Yoga Therapist” Course had the opportunity to attend an enriching panel discussion on the theme “Ethics and the Spirit of Service.” The session provided valuable insights into the importance of integrity, compassion, and responsibility in professional and social life. Through the experiences and perspectives shared by the panellists, the candidates were encouraged to understand that ethical conduct is the foundation of trust and credibility in any field, particularly in caregiving and community service.

Certificate of gratitude were presented to each honourable panellist alongwith distribution of certificates to the 15participants of “Value Education Programme”. Honorary Resource person present were Swami Mahaprajnananda – Principal, Ramakrishna Mission Vidyamandira, Prof. (Dr.) Biswajit Ghosh – Eminent Scientist & Ex-Vice Chancellor, The Neotia University, Mr. Arindam Chatterjee – Life Skills Consultant & Dr. Dhires Kumar Chowdhury – Consultant Geriatrician.

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

Tia Walker

KEY EVENTS AND HIGHLIGHTS

BASANTA UTSAB AT SUNDARBAN



The celebration of Basanta Utsab at Sundarban on 07.03.2026, organized by Banchbo Healing Touch Foundation (BHTF), was a vibrant and heartwarming event that beautifully brought together elderly members and school children in a spirit of joy, inclusivity, and cultural harmony.

Set against the serene backdrop of the Sundarban, the program highlighted the essence of spring through colorful festivities, music, and traditional performances. Elderly participants actively engaged with the children, sharing stories, laughter, and blessings, creating a meaningful intergenerational bond. The children presented songs, dances, and recitations that added charm and energy to the celebration.

The event not only revived the cultural spirit of Basanta Utsab but also reinforced BHTF's commitment to promoting emotional well-being and social connectedness among senior citizens. The event started with traditional “Prabhat Feri” and “Abir Khela” in the morning where elderly members and school children took part in the procession followed by cultural performances in the evening. The day concluded with a sense of fulfillment, leaving behind cherished memories for all involved.

Eminent Bengali actress and theatre personality Mrs. Shakuntala Barua one of our esteemed member graced the occasion by her presence.

KEY EVENTS AND HIGHLIGHTS

NATIONAL SEMINAR ON “REFRAMING THE AGEING AGENDA: ADVANCING EQUITY AND DIGNITY FOR THE ELDERLY”



During the session, Dr. Dhires Kumar Chowdhury drawn perspectives from over two decades of hands-on experience in geriatric care from the metropolitan landscape of Kolkata but also the underserved and challenging terrains of Sundarban and Jungle Mahal, through with Banchbo (www.banchbongo.org) and Banchbo Healing Touch Foundation. The active participation of the younger generation and their thoughtful engagement and pertinent questions reflected a growing awareness and sensitivity toward geriatric issues something that is immensely encouraging. Other honorable panelist present were Prof. Sumita Saha Department of Sociology Presidency University and Dr. Anurupa Kundu Assistant Professor – Psychology St. Xavier’s University



SYMPOSIUM ON HAPPY LIVING BY SENIOR CITIZENS



A “Symposium on Happy Living for Senior Citizens” organised jointly by the Rotary Club and All Bengal Men’s Forum served as a meaningful platform to promote holistic well-being among the elderly. The programme brought together experts, caregivers, and senior citizens to share insights on healthy ageing, mental wellness, social engagement, and the importance of a positive lifestyle.

The symposium featured interactive sessions, motivational talks, and discussions on managing physical health, emotional resilience, and staying socially connected in later years. Participants actively engaged in the exchange of experiences, making the event both informative and enriching.

Such initiatives reflect a strong commitment to enhancing the quality of life for senior citizens by encouraging dignity, happiness, and active participation in society—ensuring that ageing is not just about living longer, but living better. Notable panellist present were Adv Jayanta Narayan Chatterjee (Sr Advocate and Legal Expert), Dr Dhires Kumar Chowdhury (Geriatrician & Social Activist), Sujoy Chanda (Jt Commissioner Retd. Kolkata Police) & MRA Rtn Nandini Bhattacharjee.



SPECIAL EVENT : MAJOR HIGHLIGHTS

1. Introduction of candidates for certified nursing assistant (batch 15).
2. Presentation of certificate of gratitude to mr. Arindam chatterjee & mr. Samir kumar dasgupta
3. Certificate distribution to candidates (cna batch – 14).
4. Motivational session by life skill consultant mr. Arindam chatterjee.
5. Oath ceremony participated by passed out students of certified nursing assistant (batch - 14) and students of batch 15



Opening Ceremony



Felicitation of
Mr. Samir Dasgupta



Felicitation of
Mr. Arindam Chatterjee



Motivational Session by
Mr. Arindam Chatterjee



Oath taking Ceremony by
Nursing Students



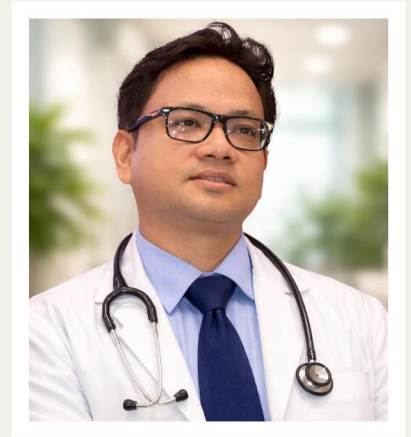
Students of Batch 14
with Certificates

Health Talk

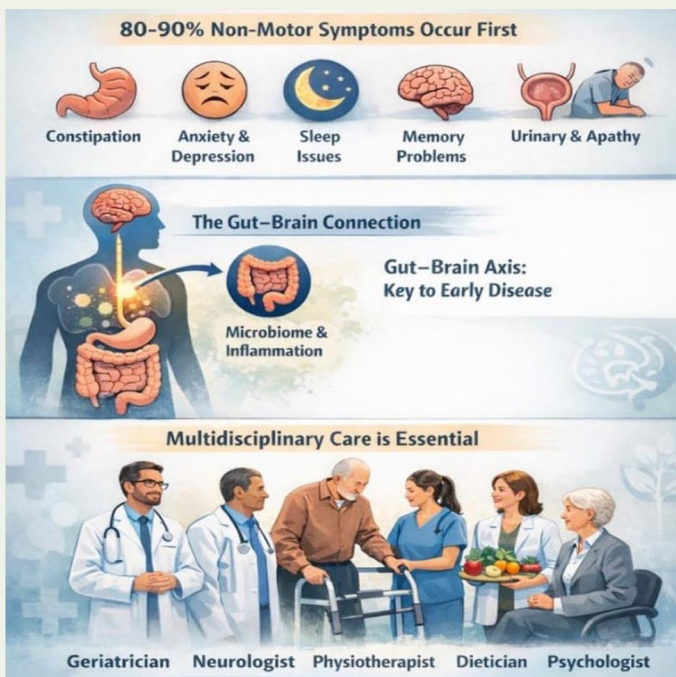
Parkinsonism – Not Just a Tremor

Parkinsonism is often mistaken as just tremor, but it is a broader neurological condition affecting movement, balance, and vital non-motor functions. Similar to Parkinson's disease, it includes slowness, stiffness, postural instability, along with symptoms like constipation, sleep disturbances, and mood changes.

The emerging gut-brain connection highlights the importance of gut health in neurological wellbeing. A balanced, fiber-rich diet with adequate hydration supports both digestion and overall health. Nutrition also helps maintain strength, improve treatment response, and prevent weight loss.



Dr. Dhires Kumar Chowdhury
Geriatrician



Effective management depends on a collaborative approach—involving medical care, physiotherapy, nutrition, and strong family support.

Key Message:

Look beyond tremor. Early signs should not be ignored, and timely, holistic care—including diet and teamwork—can significantly improve quality of life and dignity in ageing.

– Promoting informed care for healthier ageing

Beneficiary Story 01

Ms. Bandana Sen is one of our Member from Golden category (Membership No: 1258) since 2021. She is an octogenarian aged 84. Her medical risk factor includes HTN, DM Type 2 and Hypothyroidism. Her risk grade is 5 (Very High Risk). On 14th March at about 11 am an emergency call came from her home complaining of extreme Hypoglycaemic condition. Her Capillary Blood Glucose (CBG) value read 29 which is life threatening. Immediate medical attention was provided at her home from BHTF led by Dr. Arijit Das. He diagnosed her condition and administered IV D25 and other required medications through cannulation. Her condition became stable soon after and now she is normal and healthy.

Beneficiary Story 02

On 16th March at 7.00 pm one our recent Golden Member Ms. Usha Roy (Membership no: 1722) aged about 85 years complained of Acute breathing problem and sought our help on emergency basis. She has record of COPD and Varicose Vein. Dr. Arka Das immediately attended her at home and administered preventive treatment and suggested urgent hospitalisation after diagnosis. She was aided with oxygen support on ambulance and admitted at Apex Hospital under Dr. Seshadri Das in ICU. Trop T & ECG was conducted and it revealed massive heart attack and heart functional problem. Regular medical follow up at hospital and appropriate treatment improved her condition gradually. After 7 days she was released from hospital and now she is fine. As per update from from Dr. Arka Das she has resumed her normal activity of daily life and now in good health.





SERVICE RECORDS

(March 2026)



Members Enrolled



Total Hours



Empaneled Doctors



Total Visit



Blood Test



Emergency Call



Non Emergency Call



Specialists visit



ECG



Ambulance



Care 360 Service

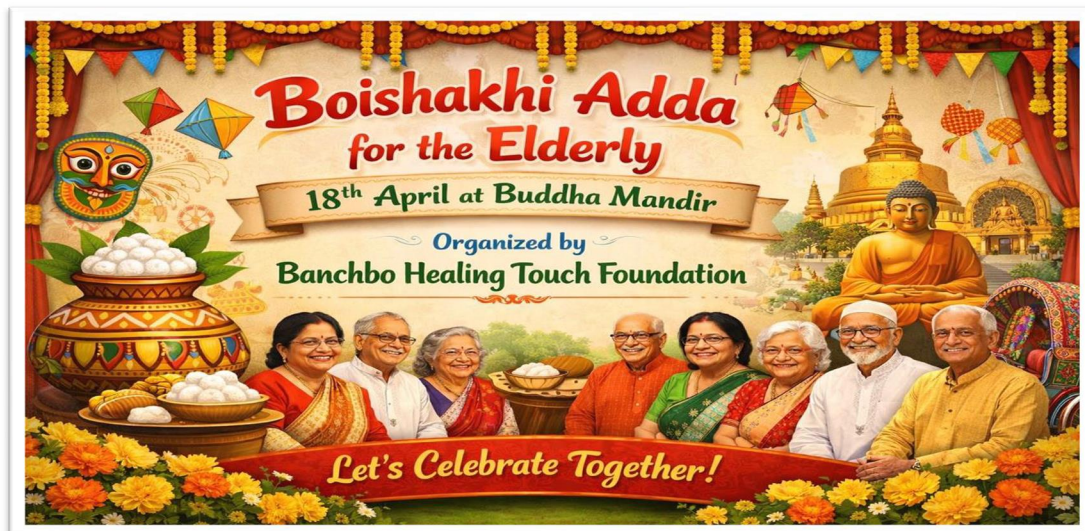


Home Nurse Service



Care Giver

UPCOMING EVENT



Banchbo Healing Touch Foundation is delighted to organize a special event “Baisakhi Adda” in light of Bengali New Year (Poila Baisakh) for its senior members to celebrate the Bengali New Year with joy, togetherness, and cultural spirit. The upcoming event will bring seniors together for an evening of **warm interactions, festive celebrations, music, refreshments, and nostalgic conversations**, creating a vibrant atmosphere of **bonding and happiness**. Through this celebration, the BHTF aims to promote social engagement, emotional well-being, and a sense of belonging among senior citizens while honouring the rich traditions of Bengali culture.

Date: 18.04.2026 | Time: 6.30 pm onwards | Venue: Garia Buddha Mandir Hall



**Banchbo
Healing
Touch
Foundation**

A touch of healing...

Good news for Banchbo Members!!!

Other than emergency & preventive healthcare service now we are providing home based service of **Multidisciplinary Specialist Doctors** at your doorstep!



Multidisciplinary Specialist Doctors available for:

CARDIOLOGY	ENT	ORTHOPEDIC
DERMATOLOGY	NEUROPSYCHIATRY	DENTAL
OPHTHALMOLOGY	For any queries contact: 8777565221 9903388556 (Help Desk)	
UROLOGY		



BANCHBO HEALING TOUCH FOUNDATION

REGISTERED UNDER SECTION 8 COMPANY
REGD. NO.: U88900WB2024NPL270788

Care360⁺

Only for BHTF Member

Following services will be provided :

- Emotional care and accompanying by book reading or by conversation or by assisting in fulfilling hobby.
- Life Certificate, Banking and Post office work.
- Any sort of Paper Work.(Tax, K.M.C, Others)
- Assistance for OPD / Clinic visit.
- Admission to the Hospital.
- Purchasing Medicines and Surgical items.
- Accompanying to relative or friend's home visit or short tour or marketing or cinema or recreational events or family party etc. within 5 kms. radius from the house.
- Minimum 3 hours service / Call.
- Transportation charge extra which will be calculated from our office.



ONLY FOR REGISTRATION

One person registration Rs. 1000/- yearly
More than One person (addition to Primary Member)
Rs. 600/- each yearly (Only in same address)

Minimum 3 hours/call- Rs.500/ (additional per hour Rs.200/ extra).
Night Charge extra for Hospital admission.

For Details Contact : Apurba Ghosh - 8777565221
Sushil Sharma - 8240195009 & Kunal - 7890113177
Address: 54, Baroda Avenue, Garia, Kolkata - 700 084. W.B.
E-mail: banchbohealingtouch07@gmail.com