

Editorial

*अभिवादनशीलस्य नित्यं वृद्धोपसेविनः।
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम्॥*

Those who always respect and serve elderly in family and society, are Blessed with ever increasing Healthy life, Wisdom, Strength and Success .

In a world that sometimes forgets , MayaCare stands tall as an unwavering beacon of hope for our beloved seniors. Their tender smiles, wisdom and enduring spirit deserves nothing but the best. Everyday , our incredible volunteers tirelessly work to make a difference , spreading the word of Mayacare far and wide. What is more astounding is that the backend management activity in helping the elderly is handled by candidates who have overcome their disability to serve with confidence.

International Yoga day was celebrated on 21st June 2023. Yoga is a spiritual discipline which focuses on bringing harmony between mind and body. Yoga day was celebrated across the country with elderly citizens by our volunteers. Various Yogasanas and breathing exercises for healthy life were demonstrated. The event brought together senior citizens, caregivers, and yoga enthusiasts to embrace the transformative power of yoga and foster a sense of well-being and harmony.

At a Jodhpur old age home, a classical dance program was organized by MayaCare. Manaswi , a young dancer enthralled the audience with her dancing skills. Magic show was presented by our incredible volunteers Jeevan and Sandhya at an Ahmedabad old age home which was enjoyed by the audience with fun and laughter.

MayaCare has recently started a service for elderly to help them get their pension certificate at the click of a button. For more information and availing the service you can call toll free 1800 572 1343.

At Pune, MayaCare and Dinanath Mangeshkar hospital have jointly started a free helpdesk for patients and relatives where they are helped for paperwork, information about Govt schemes and helping as relievers for relatives of patients .It is appreciated by the patients and their relatives.

We are pleased to inform you that MayaCare Managing Director Mrs Manjiri Gokhale-Joshi has won the Great Companies best woman entrepreneur award for 2023 in the category of Social enterprise and NGO. She was selected from several nominations for this award.

We wish you all a happy festive season ahead.

Feedback From Benificiries

August 21
NIRMAN
Gement
Friday 13
मेरा नाम पारुल चक्रवर्ती है मेरी उम्र 68 साल है मैं H.No. 8, B-6 जो मे कलानी बचाना दिल्ली में रहती हूँ मेरी आरबी मे मोतियबिन्द या गुड़ो बालार मे लगी एक पोस्टर के माध्यम से माया केयर फाउंडेशन का पता चला कि यह संस्था बूढ़ों लोगों की मदद करती है मेरे साथ मेरे घर से सोनिया बिन्द के आपरेशन करवाने के लिए जाने वाला ओडि नही था मैंने माया केयर फाउंडेशन के सहायता केंद्र में काल किया और मेरी मदद करने के लिए कहा जिसके बाद आशा जोशी का काल मेरे पास आया और उन्होंने बताया कि पूजा देवी को वो मेरी मदद के लिए भेज रही है। फिर कुछ समय बाद पूजा देवी मेरी मदद के लिए आई और उन्होंने मेरी बहुत मदद की पहले दिन मुझे अस्पताल में रुकमिर कराया दूसरे दिन आपरेशन के रास्ते ओ वो मेरे साथ थी और तीसरे दिन मुझे डिस्चार्ज करवाकर मुझे घर तक पहुंचाया उसके 3-3 दिन बाद जिस आरबी मे आपरेशन था उसमे फिर से खून बहने लाल होने लगी तो फिर पूजा ने मेरी मदद की और अस्पताल ले जाकर रुक करवाया मैं माया केयर फाउंडेशन अछा काम पूजा जी और उनके साथ काम करने वाले सभी सदस्यों का नई दिल से धन्यवाद करती हूँ कि जहां मेरे परिवार वालों ने साथ नही दिया वहां मेरे रुक काल से मेरी मदद के लिए धन्यवाद है मेरी सहायकी आ गये बहुत बहुत धन्यवाद माया केयर फाउंडेशन का पारुल चक्रवर्ती

Ayush, Thank you so much for your enquiries. Sorry for the delayed response. Pooja came twice and was very helpful. She cleared many of my doubts. Will come this week.

Thank you so much for the lovely umbrella. Will be very useful for coming monsoon

Minnie Mathan
Mo-9840241611
Chennai

Dear Shelly ji.

Maya CARE Foundation

Thanks for the help and support rendered to me for going to the Hospital at Mohali. Shubham, the volunteer, was very cooperative and helpful. Maya CARE foundation is doing a COMMENDABLE service to humanity by serving/helping the Senior/super senior citizens who unfortunately stay alone.

Wishing all the BEST.

Sudesh chaudhary
Mo-9815175778
150/2 Sector 45A..CHD.
Chandigarh

You Tube Channel by Dr. Suresh Gokhale

Dr. Suresh Gokhale, founder member of MayaCare foundation who is also actively practising paediatrics at 83, has created a YouTube channel named "Suresh Gokhale". This channel contains demonstrations of exercises for the elderly which are very useful for healthy life. Volunteers requested to go through this channel and watch all videos so that they can guide the beneficiaries they serve.



Our volunteer Indravati Singh passing quality time with elderly persons at an old age home at Lucknow.



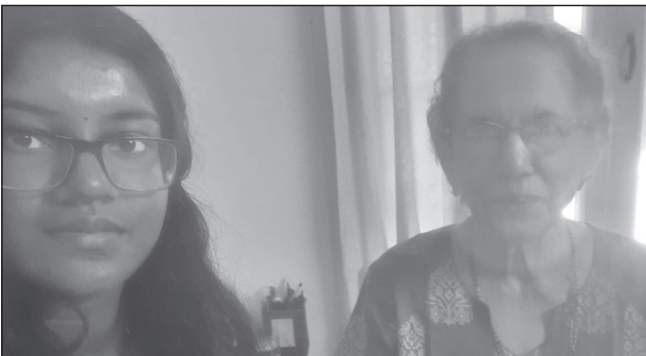
Yoga day was celebrated by our volunteer Shri Dinesh Chandra at Aai elderly care centre Ujjain ,MP.



Our volunteer at Rewa Mrs Fulrani Gulshan helping Shri ShambhuLal ji to accompany to hospital.



Shri Satyendra Kumar, our volunteer, chanting bhajans with senior citizens at Amarlal Old age home, Indore.



Ms Ujjwal, our Kochi Volunteer , having a talk with seniors at a Kochi old age home.



Simanthani Sinha, our volunteer at Kolkata accompanying Shri Milenadu Kumar for treatment at a hospital..



Our West Medinipur Volunteer Seeta Ghosh guiding beneficiary Mrs Chitra Roy about Mobile App download.



Our Delhi Volunteer Ms. Pooja accompanied Sr Citizen Parul Chakrawarty to hospital for cataract surgery.



MAYA CARE FOUNDATION

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