



MAYA CARE FOUNDATION

News Letter

News Letter

Year : 3rd Issue : 3rd
July - September 2025
For Private Circulation

Editorial

India is home to over 26 million individuals with disabilities-but in the rhythm of daily life, their stories are often overlooked. At Maya CARE, we see beyond statistics. We see ability in adversity and strength in silence. Disability is not merely a physical condition - it is a societal mirror that reflects our collective values, attitudes, and responsibilities.

While awareness has improved, support systems remain fragmented, especially for elders and persons with disabilities (PWDs) without families. Accessibility is not just about ramps and railings-it's about respect, opportunity, and belonging. In the absence of consistent infrastructure, carers - often family members - bear an invisible yet immense burden. They juggle routines, emotions and time, asking for neither recognition nor reprieve. Their work is built on sacrifice, resilience and unwavering love.

This is where Maya CARE steps in - not just to support, but to transform. Our inclusive employment model provides meaningful opportunities to persons with disabilities who work remotely, coordinating elder care with empathy and precision. They engage with elders over the phone, understand their needs deeply and thoughtfully assign volunteers to assist with on-ground tasks - from medical visits to emotional support.


These professionals are not recipients of care; they are leaders, demonstrating that disability is not inability, but a different expression of strength. Our volunteers - lovingly called the angels of Maya CARE - bring this vision to life. They visit elderly individuals in their homes and care - centers, fulfilling requests and reviving a sense of community where isolation once lingered. Every act of service is a quiet revolution, reminding society that care is not charity - it is shared responsibility.

Together, our differently-abled coordinators and compassionate volunteers form a virtuous circle-where care is powered by inclusion and delivered with dignity. At Maya CARE, we're not just addressing a service gap - we're reimagining what it means to belong.

Let this quarter's newsletter carry that message forward. Because when we empower the overlooked, we don't just create impact - we restore the very fabric of humanity.

Join us in creating meaningful change in society - not just as observers, but as active participants in a movement that values dignity, empathy and inclusion. Whether you choose to volunteer your time, extend your support, or donate towards our mission, your involvement holds the power to uplift lives. Every small effort contributes to a larger transformation - bringing joy to the elderly and purpose to persons with disabilities. At Maya CARE, your contribution doesn't just support a cause; it nurtures a community rooted in compassion. Together, let's build a society where no one is forgotten, and every life is valued.

Service Testimonials

1.  **Shaila Sule, 87, Mumbai, +91 9833938910**
Maya Care Foundation provides excellent services for senior citizens. Currently, volunteer Ms. Sapana Bagul assists my aunt, who is now 87 years old and unable to go out due to age. Whenever we need support, Sapana comes with a smile and helps with doctor visits, shopping, and other outdoor errands.
All the volunteers and coordinators at Maya Care are incredibly helpful. I have never seen another organization offering this level of commitment.

2. **Mr. Bholanath Pramanik, 54, North 24 Parganas, West Bengal, +91 9433133684**
I am from North 24 Parganas and deeply appreciate the services of Maya CARE. Whenever I need assistance, the volunteers arrive on time and offer invaluable support. I have truly benefited from their dedication.

3. **Ms. Kreema (Care Home Manager), Swarg Community Care Home, Ahmedabad, +91 7016000760**
We were delighted to host a heartwarming Ganpati celebration through a Drawing and Art activity, thanks to Ms. Minu Kumawat, a dedicated volunteer from the Maya CARE Foundation. Her support brought immense joy and beautiful smiles to our residents' faces.


4. **Mrs. Marry Kutti, 59, Ujjain, Madhya Pradesh, +91 9753128736**
A heartfelt thank you to Maya CARE Foundation for their selfless services to the elderly. Special thanks to Mr. Manish Sharma, a punctual and compassionate volunteer who assists us with important paperwork whenever needed.

5. **Ms. Barbara, 80, United Kingdom, +44 8003100386**
I am very happy to say that my experience on the 19th was a very pleasant one. The volunteers Kumar Dumki and Avani Dumki that stayed with me during my visit to the eye clinic for my injection were very attentive and charming. I have recommended Maya Care to my fellow homeowners. Thank you very much, and I am sure I am going to use your services again.

6. **Jill Piggott, 81, United Kingdom, +44 8003100386**
We have had some feedback from Jill, who was given a lift to her doctor appointment at Milton Keynes Hospital, by Sujata Joshi and Niyati Patel. She wanted to say they were really lovely and had really good conversations. Jill has said she would like to make a small donation to Maya CARE as a token of appreciation.
- Andy, Home manager.

7. **Bluebell House, McCarthy & Stone (Assisted Living Plus), United Kingdom, +44 8003100386**
Just to let you know that the homeowners at Bluebell House thoroughly enjoyed your Classical Dance performance yesterday. We would like to thank everybody who took part and look forward to seeing you all again in the future.
Once again, many thanks from all of us.
Chriss, Bluebell Duty Manager.

8. **Mrs. Ujjwala Harme, Nagpur, +91 9422534369**
Pushpa seems very kind, soft-spoken, a good listener, and ready to help — even during her first visit. We look forward to seeing her again. A very good Maya Care team!

9. **Manish Vishe, Mumbai, Low Vision Disability, +91 89757 08941**
 "Before joining Maya CARE Foundation, I was struggling to find a job due to my low vision. I came across their skill development program while searching online and decided to join.
Thanks to the dedicated support and training I received, I have now secured a job at Patren. My technical skills have improved a lot, and I feel more confident in my abilities. I sincerely thank my trainer and the entire Maya CARE team for guiding me on this journey. They helped me believe in myself and move closer to a better future."

Maya CARE Activities

1. Personal and Volunteer Engagements in Previous Quarter:

1.1 Personal Visits: 1,291 home visits were conducted to support elderly beneficiaries with companionship, hospital visits, and errands.

1.2 Old Age Home Outreach: 221 visits were made to old age homes across various cities, providing emotional and physical support to residents.

1.3 Volunteer Recruitment: 107 dedicated volunteers were on-boarded through extensive outreach and awareness efforts.

2. International Yoga Day - June 21, 2025

Yoga sessions were conducted in multiple old age homes to mark International Yoga Day. Elderly residents participated actively with encouragement and support from Maya CARE volunteers.

3. Musical Performances - Ahmedabad - June 2025

Live music sessions were organized in care centers. The performances brought smiles, nostalgia, and emotional comfort to elderly participants.

4. Eye Check-up Camps - Virar and Ahmedabad - May 2025

Free eye screening camps offered expert consultations and basic vision care to senior citizens, improving access to essential health services.

5. Project Bindu - Ongoing

Skill development workshops in technology, art, and creativity are being conducted for persons with disabilities to enhance confidence and employability.

6. World Environment Day - June 5, 2025

To commemorate World Environment Day, seniors joined J.P. Morgan volunteers Shylaja, Bharathi, and Maya CARE Project Coordinator Pallavi in painting pots and planting saplings at Providence Home.

7. Old Age Home Visit - Rojavanam, Delhi - June 21, 2025

Volunteers Manju and Nisha Bharti, in collaboration with Goodera and IBM, led engaging art and yoga sessions for elderly residents.

8. Mobility Aid Distribution - Bengaluru - May 29, 2025

Amazon volunteers Milind Joshi, Sumana, Bharathi, Neha Deshpande, Lalitha, and Kala distributed walkers and wheelchairs to elderly beneficiaries in need.

9. Recognition - Sarthak Seva Samman - June 2025

Maya CARE Foundation was shortlisted for the prestigious Sarthak Seva Samman in recognition of its exemplary service to the elderly and commitment to volunteer engagement.

Music for Meditation and Healing - Part I

21st June is International Music Day.

Music is a force that unites Humanity the world over. Music has for centuries been known to have a pleasing appeal to both human beings and animals. Music is a harmonizing factor in today's world which is full of conflicts and tensions. Transgressing man-made frontiers, Music sends the message of harmony, peace and brotherhood. Musical Ragas (Tunes) are said to help treat patients with afflictions of physical and mental nature, in certain conditions.

Parama Poojya Sri Ganapati Sachchidananda Swamiji of Mysore, India, Himself a great Musician and a composer, has been conducting Spiritual Music Concerts for meditation and Healing (Nada Chikitsa) in India and many other countries in Europe, America and Caribbean Islands. Listening to His Healing and Meditation music in person, or to his many recordings, is the melodic medicine prescribed by Sri Swamiji for all ailments and conditions ranging from Coma to Cancer and migraine to mental depression.

Music Therapy

"Music therapy is combined with Ayurveda, Psychology, Gemmotherapy and Astrology," says Sri Swamiji. It is said that He uses all His Ashta-siddhis (eight accomplishments) to give powerful healing. He further adds "I only affect a rapport between man and God, the supreme reality, with help coming from man himself in good measure. I attune man to God through belief and music. Once that results, body-consciousness vanishes gradually, and with that, affliction ceases to be experienced and ceases to exist. That is healing through Music and Meditation.

"There is no complication about it, once you are in tune with the 'modus operandi'. "Listen with your heart and not with your intellect" He insists, not without reason, for He is no purist composer or musician. Sri Swamiji's therapy lays stress on Ekagratha or concentration on the part of the Healer-Musician and listener. "Listening, " he says, "is a special technique requiring Indriya nigraha or sense control." Cerebral sounds are aroused and long concentration on a Raga (tune) creates a healing effect on the listener. He Himself plays a synthesizer which produces the sounds of many instruments. He has opted for the synthesizer to reduce the number of accompanists in His concert troupe. The resounding synthesizer sets pace and the other instruments keep company, a melodious fusion sends the air.

The principle underlying the concept of Musical Therapy is - "Physical health results from a healthy MIND. "Mens Sana in Corpore Sano" (health lives in mind) is a well-known dictum. It is common sense that an illness that starts from within is graver and more acute than what is contracted externally. If the mind can be kept tranquil and happy, being in the pink of physical health is a foregone conclusion. Music of the right type helps in achieving relaxation by soothing the nerves and through that, peace and stillness of mind. There are strong indications and even concepts in Homeopathy, Naturopathy and Siddha systems of treatment that the mind of the patient be treated for physical ailments."

To know more, go to website: <https://www.yogasangeeta.org>

Compiled by Dr. Avanish Thanawala
Senior Volunteer & Yoga Trainer, Pune, M - 9326028303.

World Yoga Day

This year on 21st June was also the 11th International Yoga Day. It was celebrated very well not only in India, but throughout the World. Many groups of people came together to practice Yoga, Pranayam and Meditation together. As such, we need to practice Yoga every day of the year. However, one day is chosen in order to give it significance and importance in our lives. Some of us may be knowing that this day, 21st June, is also the summer Solstice day. It is the longest day of the year. So the significance of it coinciding with Yoga Day is also deep. The Sun represents light and knowledge. Yoga is the process of knowing our Self, both outer and inner, thereby attaining knowledge, peace and divinity. So, let us increase our focus to practice Yoga to our maximum capacity.

In a world full of stress and tensions, it becomes even more necessary to follow the basics of Yoga in order to balance our mind and emotions. Yoga is not just some asanas. It includes each and every aspect of our life. Right from the time we wake up to the time we sleep. So let us motivate ourselves and others to commit to the disciplines of Yoga. Like any other skill, we need a teacher, a Guru to teach us Yoga in a proper manner. If we have found a teacher, you are lucky. Irrespective of whether you have found a Guru or not, Lord Krishna is the Universal teacher whose Bhagwad Gita teaches us the essence of Yoga. Every chapter of it is Yoga. So, study it.

Avanish Thanawala, Senior Volunteer & Yoga Trainer, Pune, M - 9326028303.

Maya CARE Foundation: Awards and Recognition.

Ms. Vinita Mahajan:



Vinita Mahajan is 69 and retired central excise class I officer. She has been serving more than 150 elderly at Maya CARE for 4+ years. She helps in all tasks with devotion, sincerity and punctuality. She is very trustworthy and very responsibly carries out the task of admitting the elderly to hospital in absence of their kids abroad. The testimonials about her services speak of her devotion to the cause. She has also led programs for old age homes, participated in awareness events, corporate events and helped to get a lot of donations for this cause. She has been awarded with the Rajmata Jijau and Ahilyadevi Holkar awards for her social work and inspiring contributions.

Ravi Chhabra:



Ravi Chhabra has been a quiet, unwavering volunteer with Maya CARE for over 15 years. A former Project Manager at L&T, he brings the same dedication to supporting the elderly - whether it is assisting after a fall, accompanying someone to a concert, or offering comfort to those with dementia. Through personal gestures and silent service, Ravi uplifts lives without seeking recognition. His humility and compassion are the true marks of leadership. True to his nature, Ravi prefers to remain behind the scenes. He asks only that any tribute written about him be shared with him privately - a small, humble request from someone who has offered so much, so selflessly. At Maya CARE, we are privileged to have Ravi among us. He reminds us all that real leadership often whispers instead of shouting. That service from the heart leaves the most enduring mark.

Shri Dilip Upasni:



Shri Dilip Upasni, 71, has been serving at Maya CARE for 8+ years. He is a retired executive manager at MNC. He has served more than 25 elderly with care and compassion. Important help tasks such as bringing life saving medicines for the elderly among other tasks have been carried out by him with devotion. The testimonials from beneficiaries and their families about his services speak about his great contribution to the cause. He is a caring and trustworthy volunteer of the Maya CARE brigade. He has also helped in Maya CARE Marathi Newsletter project, getting donations for the cause, awareness events etc.

Vinod Daftardar:



Vinod Daftardar kaka, 78, is working for Maya CARE cause for more than 7 years. He is a retired quality control engineer at the Defense Department. He has served more than 200 beneficiaries with care and compassion. He has also served at various old age homes. He is sincere in his duties such as companionship at hospital, moral support etc, among other tasks. His company gives joy and assurance to elderly in their difficult times. He also works at Dinanath Mangeshkar hospital Helpdesk and related companionship of patients, awareness events etc. His services for the cause are exemplary.



1. Delhi - Volunteer Nisha Bharti celebrated Shri Ram Navami with the elderly at Manav Seva Sangharsh Samiti Old Age Home.



2. Hyderabad - Volunteers Anuradha and Bindu participated in a wheelchair distribution activity at Rajeshwari Foundation Old Age Home, supported by Goodera.



3. Kolkata - Volunteer Riya Haldar assisted beneficiary Bimal Purkyastha with a hospital visit.



4. Bengaluru - Volunteer Mrs. Rani helped beneficiary Sharanappa with a doctor visit and collected medicines.



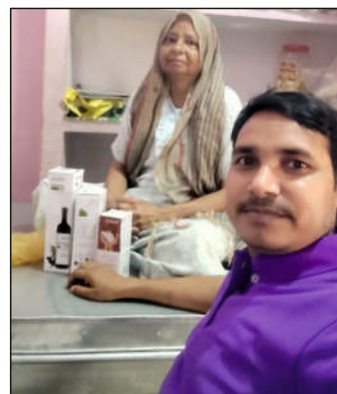
5. Delhi - Volunteer Neelam helped Dharamver Singh with a hospital visit and buying medicines from the medical shop.



6. Kanpur, UP - Volunteer Ashish Kumar Saxena accompanied Smt. Kamlesh Pandey Mata Ji to the clinic for treatment.



7. Ludhiana - Volunteer Sukhvinder Kaur provided pick-up and drop services to beneficiary Daljit Kaur for a meditation center visit.



8. Kanpur, UP - Volunteer Ashish Kumar Saxena helped Ms. Sudha Sharma by bringing medicines and spending time with her.



9. Sonipat, Haryana - Volunteer Satbeer Singh assisted Ms. Dayavati Ji in going to the market for ration shopping.



10. Delhi - Volunteer Nazneen supported Varu Singh during a hospital visit and health check-up.



11. Kanpur, UP - Volunteer Ashish Kumar Saxena helped Smt. Kamlesh Mata Ji bring home some essential goods.



12. West Medinipur - Volunteer Manoj Patra helped Biswajit Chatopadhyay bring a gas cylinder.



13. Jhansi, UP - Volunteer Pradeep Kumar celebrated Father's Day with the residents of ITI Vridhashram Old Age Home.



14. Bhopal - Volunteer Bhanu Pratap Sharma coordinated a graceful dance performance by Ishita Mehta at Apna Ghar Old Age Home.



15. Bengaluru - Volunteers from J.P. Morgan and Maya CARE conducted a pot painting activity with the elderly at Providence Old Age Home, led by Pallavi.



16. Ahmedabad - Volunteers Hardik Patel and Akanksha celebrated Father's Day with the residents of Jeevan Sandhya Old Age Home.



MAYA CARE FOUNDATION

Year : 3rd Issue : 3rd July - September 2025

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MAYA CARE NATIONAL HELPLINE : 1800 572 1343

Maya Care Operates in 72 cities of India as mentioned below

FOR WHATSAPP

Nashik, Parbhani, Ahmednagar, Jalana, Jalgaon, Dhule, Wardha, Mumbai, Sangli, Yavatmal, Nagpur, Nandurbar, Pune, Satara, Amravati, Chandrapur, Solapur, Akola, Buldhana, Kolhapur, Aurangabad, Beed, Latur, Jalalpur, Ujjain, Bhopal, Chhatarpur, Gwalior, Rewa, Indore, Jhansi, Lucknow, Kanpur, Chandigarh, Jalandhar, Ludhiana, Abohar, Surat, Vadodara, Ahmedabad, Gandhinagar, Katchch, Coimbatore, Chennai, Pondicherry, Hyderabad, Bengaluru, Panipat, Sonapat, Guwahati, Hallikandi, East Medinipur, West Medinipur, Kolkata, Bankura, North 24 pargana, Malda, Howrah, Delhi, Bhubaneswar, Angul, Sambhalpur, Dholpur, Udaipur, Jaipur, Jodhpur, Jaisalmer, Baran, Cochin, Thiruvananthapuram, Dehradun, Haridwar.

**9552510400/9552510411
8055995966**

Following free services offered to Sr. Citizens, which are entirely managed by Professionals who overcome disabilities :

1. Accompanying senior citizens for a walk within or around the premises of their residential area.
2. Accompanying senior citizen to visit doctor / hospital / bank work.
3. Seeing them off / receiving them at the railway station / bus station / airport.
4. Sitting with a patient during hospitalization / outside the ICU.
5. Reading newspaper, magazines / religious books to senior citizens.
6. To withdraw / deposit cash / cheques in Bank, Technical help for smartphone.

Note: Maya Care does not offer Nursing, Emergency Service or Financial Aid.

Website - www.mayacare.org | Email : service@mayacare.org



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