

Editorial

Healthy aging is the process of developing and maintaining functional ability to ensure physical, mental, and social well-being throughout life, especially in older age. Key actions for healthy aging include regular physical activity, eating a nutrient-rich diet, managing stress, staying socially connected, engaging in mentally stimulating activities, and maintaining regular medical care and preventive health measures. Healthy aging starts early on in life, which means adopting healthy habits and making positive lifestyle choices that contribute to overall well-being as we age.

Pillars of the healthy lifestyle of aging include topics like physical activity which is the amount of movement and exercise you get, nutrition which is the diet or what we eat, sleep which is the time that your body uses to rebuild, regrow and recover, behavioral health which encompasses many topics including stress management and coping skills. By addressing each of these pillars – Nutrition, Physical Activity, Sleep, Mental Health and Social Connection – we can work towards a balanced and healthy life. Remember, small, consistent changes in each of these areas can lead to significant improvements in overall well-being.

* In a nut-shell, to promote healthy aging, seniors should prioritize regular physical activity and a nutrient-rich diet, while managing stress, getting quality sleep, and maintaining social connections. It's also vital to keep the mind active by engaging in new hobbies and learning, undergo regular medical check-ups and preventive screenings, and avoid smoking and alcohol.

✧ Diwali Greetings from Maya CARE ✧

The Maya CARE team continues to light up lives through their selfless service and care for the elderly. Their work reflects values of humanity, respect, and inclusion — truly commendable.

We celebrate their achievements and the recognition received on such respected platforms. Till date, Maya CARE Foundation has conducted over 42,000 free visits for more than 5,000 elderly individuals, while also providing livelihood opportunities to over 2,400 persons with disabilities across 72 cities in India. We have proudly expanded our reach to Nepal, officially registered as a non-profit organization with operations in Kathmandu, and extended our services to 5 cities in the UK — with plans to grow further internationally.

Join us in empowering communities and become a valued contributor — as a donor, volunteer, or supporter — of Maya CARE Foundation, working for the empowerment of two important segments of society:

- 1) The elderly, by offering them free, compassionate services and
- 2) Persons with disabilities, who deliver these services as dedicated team members — the true angels of our organization.

As Diwali lights brighten our homes, may they also illuminate our minds and hearts.

Let kindness, compassion, and courage guide into the new year.

We wish joy, success, and peace to all those making a difference in the world.

To Maya CARE, to our readers, and to all change-makers — Happy Diwali!

May this festival bring brightness not just to our homes, but to the lives we touch.

Celebrate with pride, with gratitude, and with hope for a better tomorrow.

✧ Happy Diwali — filled with light, love, and purpose. ✧

Service Testimonials

1.  **Laxmi Karpe 60 Mumbai +91 9987708446**
Hello Ma'am, your caregiver Deepali Jadhav was incredibly helpful today. I had no one to accompany me, but she came to Chembur and stayed with me throughout the Shraddha ceremony. Even though the service is for two hours, she stayed with me for four hours due to the delay. In today's world, no one gives time like this. I am deeply grateful to you and Maya CARE Foundation. Thank you
2.  **Basanti Bai 78 Ujjain, MP +91 9202679249**
I suffer from joint pain and live with my granddaughter in a financially difficult situation. Maya CARE helped me by providing physiotherapy supplies and sending a volunteer. They even arranged a hot water bag for my pain. I'm very thankful and will call Sunil Meena again, if needed. I remain grateful to Maya CARE Foundation.
3. **Kashika Seva Trust Bengaluru +91 95383 59402**
We extend our heartfelt gratitude to Sakhi and the Maya CARE foundation for bringing joy and celebration to our residents during the Raksha Bandhan festival. The simple yet meaningful act of tying rakhis and distributing fruits created a festive atmosphere filled with love, laughter, and emotional connection. Such gestures remind our elders that they are cherished and remembered. Sakhi's kindness and dedication truly reflect the spirit of service and compassion. We are thankful for her presence and look forward to more such moments of togetherness
4. **Meena Sukala 60 Mumbai 9920863459**
Thank you so much Deepali Tai, for spending an hour with me on a video call today. Because of you, Aaji (grandmother) was able to express her love for music and enjoyed talking for a long time. She felt very happy and refreshed. Thank you for helping her so kindly and for the wonderful support of Maya CARE.
5. **Sudha Suresh Patwardhan 61 Satara 9322606634**
I have been connected with Maya CARE for the last two years. Volunteers Vijay Patil and Prakash Ghule come every week without fail. Due to my age and health, I cannot walk. Both my sons are abroad and don't check on me. After my husband's passing, I live alone. But Maya CARE has been a true support. Be it hospital visits, banks, post office, or groceries – The volunteers are always there. I love singing and Prakash accompanies me to old age homes where I sing. It brings me joy and energy. I am truly grateful to Maya CARE.
6. **Jayashree Sudhakar Vaze 79 Mumbai 0920783751**
Anuja Kadam, I truly admire your dedication. I urgently needed a medicine which was not available in multiple pharmacies. You went through heavy rains and brought it from a medical store near the Municipal Hospital. Despite your physical disability due to polio, you serve others with such determination. I am deeply moved and grateful. This is how I came to know about Maya CARE Foundation. Heartfelt thanks!
7. **Clothy Kunder 62 Mumbai 8149958652**
Thank you, Madam, for sending Suman. She was a great help and took excellent care of my wife, who is mentally disturbed. Suman stayed with us the entire day, managing a long journey with grace. God bless you both.
8. **Joseph Denzil 62 Mumbai 7741910764**
Sayali Madam, thank you so much for arranging Suman Madam's support. She took me to the dentist in Bandra and helped me get back safely to Masjid station. I am sincerely thankful to both of you.
9. **J. R. Sangam 63 Mumbai 8779197991**
Mrs. Sarita Pawar accompanied me to the physiotherapy clinic at Postal Colony, Chembur East. Her behavior was excellent. After the session, she brought me back home to Pestom Sagar. The help was thoughtful and supportive. Thank you.
10. **Surekha More 60 Mumbai 9892341766**
Your Maya CARE service is wonderful, and Deepali Jadhav was incredibly kind. She came a long way to help me and dropped me home without asking for any money. She is an honest and dedicated girl. I admire her and Maya CARE Foundation immensely. Thank you from the bottom of my heart. We need such selfless caregivers.
11. **Asha Ram Vidyagar 78 Titwala, Mumbai 9820781689**
I am a retired bank employee. Today, even though I wasn't feeling well, I called Anuja Kadam Madam, and she came to help. She assisted me at the post office and completed all the work with care. I am grateful to her and Maya CARE Foundation.
12. **Amalendu 60 Kolkata**
Thank you Maya CARE Foundation for always being prompt and supportive. I am truly grateful for your philanthropic work. May you continue to help many more in the years to come.

Maya CARE Activities

1. Raksha Bandhan Celebrations – 9th August 2025

In Mumbai, Pune, Nashik, Nagpur, Ahmedabad, Hyderabad, Bengaluru, Jaipur, Delhi, Bhopal. Total old age home visited 31. Maya CARE volunteers celebrated Raksha Bandhan across 31 old age homes in 10 cities. Elders tied rakhis to volunteers, shared stories, and blessed them, rekindling the warmth of family bonds through sweets, music, and heartfelt conversations.

2. Independence Day Celebrations – 15th August 2025

In Delhi, Lucknow, Kolkata, Chennai, Indore, Surat, Patna, Chandigarh, Guwahati Total Old Age Homes Visited: 19

A wave of patriotism filled 19 old age homes with flag hoisting, national anthem, cultural performances, and freedom stories. Elders proudly felt connected to the nation's journey of resilience and unity.

3. Ganesh Chaturthi Pooja Assistance – 27th August 2025

In Pune, Thane, Vadodara, Mangalore, Bhubaneswar

Old Age Homes Assisted: 11

Volunteers helped elders set up Ganpati idols, prasad, and floral décor. Aartis and chants of “Ganpati Bappa Morya” echoed, spreading devotion and joy.

4. Ganesh Painting Activity – 28th Aug to 9th Sept 2025

Mumbai, Pune, Bengaluru, Chennai, Ahmedabad, Jaipur, Nagpur, Indore, Surat, Hyderabad, Nashik

Old Age Homes Visited: 17

Elders expressed devotion through vibrant paintings of Lord Ganesha. The activity was therapeutic, sparking laughter, storytelling, and cherished memories of past celebrations.

5. Economic Empowerment of Marginalized Communities

Through Project Bindu, 550 individuals were trained in tailoring, beautician services, and housekeeping—gaining financial independence, dignity, and the ability to uplift their families

6. Employment Opportunities for Trainees

Over 70% of trainees secured jobs within six months, reducing unemployment and bridging skill gaps in local industries

7. Career Growth & Mentorship

Project Bindu ensured long-term success by offering mentorship, continued training, and career advancement support for participants to achieve promotions and income growth.

8. Final Round of Arohan Infosys Social Impact Awards

Maya CARE reached the final round of the prestigious Arohan Infosys Awards. Sowmya and Pallavi delivered a powerful presentation showcasing Maya CARE's compassion-driven model and Project Bindu's measurable impact. A dedicated volunteer Neha assisted and accompanied them during the presentation.

9. Assistive Aids Distribution for PwDs

Under Project Bindu, essential assistive aids were distributed, including:

Neo Motions Wheelchairs – 3, Standard Wheelchairs – 4, Crutches – 4, Wheelchair Cushions – 4, Blind Sticks – 3, Commode Wheelchairs – 4, Walking Sticks – 2, Walkers – 1, Wheelchair Ramps – 3

10. Impact of Assistive Aids

These aids enhanced mobility, independence, comfort, and accessibility for persons with disabilities, empowering them to live with dignity and confidence.

11. Maya CARE at Vedanta Delhi Half Marathon: Running with Purpose

On October 11, Maya CARE proudly joined the Vedanta Delhi Half Marathon, uniting volunteers—our beloved Bindus—for a vibrant day of compassion and community. Beyond the run, we championed elder care, spreading smiles and stories that reflect our mission: serving seniors with dignity and empathy. A powerful reminder that even small steps can spark meaningful change.

Quotes on Senior Care

1. "The beauty of caring for seniors is realizing that they are heroes in their own right." – Karen Clark
2. "Growing old is not a disease, it is a triumph." – Maggie Kuhn
3. "Aging is not lost youth but a new stage of opportunity and strength." – Betty Friedan
4. "Growing old gracefully is a thing of beauty when you have caregivers who love and support you." – Unknown
5. "The longer I live, the more beautiful life becomes." – Frank Lloyd Wright
6. "The glory of the elderly is their insight, their knowledge, and their wisdom." – Lailah Gifty Akita
7. "The elderly are a source of wisdom, experience, and stability in a world that is constantly changing." – Unknown
8. "Age is not a barrier to success; it's a ladder to wisdom." – Unknown
9. "We should give our elders the respect and dignity they deserve, for they have made our lives possible." – Unknown
10. "The love, care, and attention we give to the elderly is a measure of our humanity." – Unknown
11. "Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself." – Wendy Wasserstein
12. "You are never too old to set another goal or to dream a new dream." – C.S. Lewis
13. "Grow old along with me! The best is yet to be." – Robert Browning
14. "Aging is not a curse but a privilege, and the good news is that we can all become better versions of ourselves with age." – Mary Buchan
15. "The best thing about getting older is that you don't lose all the other ages you've been." – Madeleine L'Engle

We help you to get your LIFE CERTIFICATE, and You can volunteer for the same.

As you may be aware, senior citizens require a LIFE CERTIFICATE in order to continue to receive their Pension. Maya CARE will help all such seniors to get their LIFE CERTIFICATES. Please call our NATIONAL HELPLINE number 1800 572 1342 or WHATSAPP us on 9552510400 / 9552510411 / 8055995966. Please feel free to call us or message us to get assistance in this regard. The application can be submitted online through your mobile by our volunteer who will visit your house personally. Or it can be done by you offline when our volunteer will visit you and accompany you to your Bank where your account is. Please spread the message to anyone who needs this service offered by us free of cost.

Also if you want to volunteer to help elderly in this regard, please call the above numbers, so that you will be assigned this task after completing formalities to make you join as volunteers at Mayacare foundation

Case Study of Bindu Beneficiaries

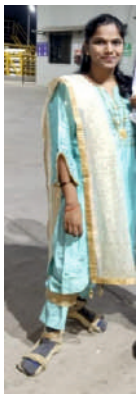


Karuna Anil Singh. - Journey of Self-Belief

Life threw its challenges at me early on. Since the 9th standard, I've lived with 40% vision loss in my right eye—a condition that could have easily derailed my academic and personal aspirations. But I chose not to let it define me. Instead, I embraced the journey with courage, determination, and an unwavering belief in myself.

I successfully completed my 10th and 12th grade in Commerce, and went on to earn a Bachelor of Commerce degree from Pillai College, graduating with a CGPA of 7.74 (B+). Each milestone was a testament to my perseverance and refusal to give up, even when the path seemed steep. A turning point in my journey came when I connected with the **Maya CARE Foundation**. Their support has been transformative—not just in terms of skill development, but in rebuilding my confidence and preparing me for the professional world. Through Maya CARE, I was offered a training opportunity at **ICICI Lombard**, Vashi branch. This experience has been incredibly enriching, allowing me to grow both personally and professionally while being part of a dynamic corporate environment. Despite my disability, I continue to dream big. I believe that limitations exist only when we accept them. My journey is proof that with the right support and mindset, we can overcome barriers and achieve greatness. I'm deeply grateful to **Maya CARE and ICICI Lombard** for believing in me and helping me take bold steps toward a brighter future.

I hope my story inspires others to rise above their challenges and believe in the power of persistence. Because when you choose self-belief, you choose possibility.



Shraddha Sakroo, Navi Mumbai

My name is Shraddha Sakroo. I'm 25 years old and proudly hail from Uran, Navi Mumbai. Life hasn't always been easy, but I've learned that resilience can turn even the darkest moments into stepping stones toward a brighter future.

After completing my 12th standard, I was full of dreams and aspirations. However, everything changed after an unfortunate accident that left me 80% paralyzed. Suddenly, the simplest tasks became difficult, and I could no longer walk without support. It was a moment that tested my spirit, my strength, and my will to move forward. But I refused to let my disability define me.

Joining the **Maya CARE Foundation** was a turning point in my life. Their unwavering support, encouragement, and belief in my potential helped me rediscover my confidence. Through their guidance and training, I was able to prepare for and successfully crack an interview with **Jio Company**—a moment that filled me with pride and hope.

Today, I work from home as a **Customer Service Executive**, a role that allows me to contribute meaningfully while accommodating my physical needs. This opportunity has not only given me financial independence but also restored my sense of dignity and purpose.

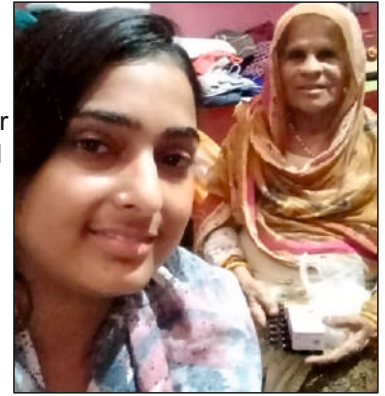
I am deeply grateful to the Maya CARE Foundation for empowering me to reclaim my life. Their mission goes beyond skill-building—it's about restoring self-worth, nurturing dreams, and helping individuals like me live with confidence and pride.

To anyone facing adversity: never stop believing in yourself. With the right support and a determined heart, you can rise above any challenge.

Thank you.



1. Vadodara: Volunteers Umamaheswari and Keyur helped Shri Jalaram Old Age Home residents with Ayushman Bharat card.



2. Chhatarpur: Volunteer Fatama Khatoon helped Smt. Batulan Ragrej in bringing medicines.



3. Kolkata: Volunteer Siddhant Sharma supported Udaybhanu Biswas with Aadhaar Card update.



4. Chhatarpur (MP): Volunteer Fatama Khatoon helped Mr. Makbool Ji by bringing medicines.



5. Mumbai: Volunteer Shilpa Naik accompanied Mrs. Parvati Pande in the garden.



6. Delhi: Volunteer Reeta Rani helped Rashida with a hospital visit and medicines.



7. Mumbai: Volunteer Anuja Kadam spent time reading and chatting with Sumangala Abhyankar.



8. Jabalpur (MP): Volunteers Santosh Sahu and Jitesh Singh conducted yoga and meditation at Nirashrit Old Age Home.



9. Ujjain (MP): Volunteer Sunil Meena helped Sm. Tara Bai in bringing medicines.



10. Ujjain (MP): Volunteer Manish Sharma supported Smt. Marry Kutti with documentation work.



11. Bengaluru: Volunteer Milind Joshi spent time with residents of Sri Chaithanya Old Age Home.



12. Chhatarpur: Volunteer Mansi Parasar accompanied Smt. Sallu Bai for a hospital check-up and medicines.



13. West Bengal: Volunteer Shiddhartha Jana helped Manju Saha by bringing medicines.



14. Gwalior (MP): Volunteer Rajeev Sharma shared moments of happiness with senior citizens at Mangal Dham Vridhasharam.



15. Bhopal: Volunteer Bhanu Pratap Sharma celebrated Independence Day with seniors at Apna Ghar Old Age Home.

16. Lucknow: Volunteer Vinod Kumar Yadav celebrated Independence Day with seniors at Shri Ram Senior Citizens Home.



17. Sonipat (Haryana): Volunteer Satbeer Singh helped Mr. Ramkumar Varma with market needs.

18. Bengaluru: Volunteers Bharathi and Pallavi from J.P. Morgan & Maya CARE conducted an art event with seniors at Providence Home.





MAYA CARE FOUNDATION

The next best thing to family
Free and for private circulation only

Year : 3rd Issue : 4th October - December 2025

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, Jalgaon, Ujjain, Bhopal, Chhatarpur, Gwalior, Rewa, Indore, Jhansi, Lucknow, Kanpur, Chandigarh, Jalandhar, Ludhiana, Abohar, Surat, Vadodra, 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



Merchant Name : **MAYA CARE FOUNDATION**

Mobile Number : **7721053535**

UPI ID : **mayacarefoundation@icici**

Deduction under I-Tax Act is Available

NAME OF THE A/C - MAYA CARE FOUNDATION

NAME OF THE BANK : ICICI BANK LIMITED (BRANCH : TILAK ROAD, PUNE)

ACCOUNT NO. : 187501000462

IFSC CODE : ICIC0001875

PRINTED MATTER

Book-Post

FROM,

MAYA CARE FOUNDATION

1214 Shukrawar Peth, Africa House,
Subhashnagar, Lane no.04, Pune- 411002

Free - Only for Private Circulation

TO,

Shri / Shrimati

Printed At - Khadiolkar Process ,
Tel.: 020-24477059