Maya CARE Foundation
The next best thing to family

News Letter

MAYA CARE FOUNDATION

News Letter

Year : 4th Issue : 4th
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For Private Circulation

Care, Compassion, and Inclusive Empowerment

Editorial

People often become happier and more satisfied with age because their brains naturally focus on positive memories and they let go of stressful life goals. This pattern follows a "U-curve," where life satisfaction dips around age 50 and then rises steadily through later decades.

Happiness Increases with Age because older adults pay more attention to positive stimuli and let go of negative feelings faster. Maturity brings emotional calm, helping people stop worrying about minor frustrations. Their shifted priorities focus on meaningful present moments rather than chasing distant, stressful ambitions.

Opinions are mixed based on mixed experiences. Some people struggle with aging due to loneliness, health issues, or stress, showing that happiness is not automatic for everyone.

Some of the Habits That Boost Later-Life Satisfaction are Practicing Gratitude by appreciating small daily things and remaining physical abilities. Intentional daily behaviours support this rise in well-being by Practicing Gratitude in small daily things and remaining physical abilities. Prioritize close relationships to avoid isolation. By staying active, manage health with regular exercise and proper sleep. Live in the Present by focusing on the current moment instead of holding onto past regrets.

Findings compiled by Psychology Today also show that dedicating a few hours a week to volunteering or finding a small retirement project boosts contentment and brain health.

At Maya CARE, we believe elderly care goes beyond physical needs—it also includes emotional and psychological well-being.

Through companionship, friendly conversations, regular follow-ups and meaningful engagement, we help elderly persons feel heard, supported and less
alone. Our team and volunteers provide a caring space where seniors can share their concerns and stay socially connected.

The last quarter has been another meaningful journey, with continued elderly-care services and community support across our locations.

We are grateful to our dedicated volunteers, supporters and donors who make this work possible.

As the festive season begins, Maya CARE wishes everyone a joyful, peaceful and safe celebration. May the spirit of Diwali bring light, happiness, good health and togetherness to every home.

We also request everyone to celebrate responsibly and stay away from excessive noise and firecrackers, especially for the comfort and safety of elderly persons.

During Pitrupaksha, we remember and pay tribute to the elderly beneficiaries we have lost, whose lives touched the Maya CARE family.

Their memories continue to remind us why compassionate elderly care matters.

We invite more volunteers to join us in spending time with seniors and supporting their everyday needs. We also welcome donors and well-wishers to contribute towards continuing Maya CARE's mission.

Together, we can make ageing more dignified, connected and cared for.

Wishing everyone a safe, peaceful and blessed festive season.

Service Testimonials



1. Kailash Prasad Jhariya, 75, Jabalpur , + 9098376737

Maya CARE Foundation helped me by bringing medicines from the medical store. Volunteer Asha Namdev assisted me with this service.I would like to thank all the members and the entire team of Maya CARE Foundation. You are doing valuable work by supporting elderly people and persons with disabilities. I wish the Maya CARE Foundation a bright and successful future.

2. Lakshmi khan , 76, Jhansi +91 7355733466

I am very thankful to Maya CARE Foundation for helping me with the transfer of my HP Gas connection. I sincerely appreciate the support provided by Rashmi Kumari and the entire Maya CARE team. Their kindness and support
towards elderly people are truly valuable. I wish Maya CARE Foundation continued success in the future.

3. Radha , 61, Delhi +91 8920126720

Maya CARE Foundation helped me with my hospital visit and also assisted me in getting medicines from the medical shop. I am very grateful to volunteer Geeta for her kind support and assistance throughout the process.
I sincerely thank Geeta and the entire Maya CARE Foundation team for their valuable service and support. I wish the Maya CARE Foundation continued success in helping elderly people and those in need.



4. Mohd yasin, 78, Delhi , +91 9716330786

Najma helped me immensely in getting medical attention at the hospital and supported me throughout the treatment process. Her behaviour was very kind, polite, and helpful. She supported me at every step, which gave me great confidence and hope. I sincerely thank Najma for her dedication, honesty, and compassionate support. I am also grateful to Maya CARE Foundation for its valuable work and for spreading its message of care and support to people in need.



5. Lakshmi , Delhi , placed in Indigo.

Hello everyone, my name is Lakshmi. I am a person with a locomotor disability. When I first joined Maya Care, I did not know much about myself or what I was capable of achieving. I had many doubts and fears about my future. But my leader and mentor believed in me and gave me the confidence and encouragement I needed. During my journey at Maya Care, I slowly began to understand that this was not just a place where I could learn skills—it was a place where I could discover my confidence, believe in myself, and dream about a better future. With the continuous support, guidance, and motivation I received, my confidence grew day by day. After a few months, I got the opportunity to work at Indira Gandhi International Airport as an officer.
Getting that job was one of the happiest and most emotional moments of my life. I felt proud of myself because I realized that my disability could not stop me from achieving my dreams.
Today, I am living a much happier and more confident life. I am deeply grateful to my leaders, mentors, and everyone at Maya Care who stood beside me, encouraged me, and helped me believe in myself. Maya Care changed not only my career, but also my life. It gave me confidence, hope, and the courage to dream bigger.
From the bottom of my heart, thank you, Maya Care, for believing in me and helping me become the person I am today.



6. Karuna Anil Singh, Mumbai ,placed in ICICI Lombard.

I have had 40% vision loss in my right eye since 9th standard but never gave up. I completed my 10th, 12th (Commerce), and B.Com from Pillai College with a CGPA of 7.74 (B+).
Maya CARE Foundation has played a key role in my journey-boosting my skills, confidence, and career preparation. I'm currently undergoing training at ICICI Lombard, Vashi branch, through Maya CARE, and I'm proud to be part of this experience. I continue to dream big and work hard. I'm truly grateful for this opportunity.

Maya Care Foundation Activities

1. Independence Day Celebration – August 15

Maya Care celebrated Independence Day on August 15 with great enthusiasm and patriotic spirit. Our volunteers and elderly members came together to participate in flag hoisting, cultural programmes, patriotic songs, and other activities. The celebration created a beautiful atmosphere of unity, respect, and togetherness.



2. Receiving the Godera Award

Maya Care was honoured with the *Godera Award* in recognition of long term partnership in its meaningful activities and services. The award was a special encouragement to our volunteers and a proud moment for everyone associated with Maya Care. It inspires us to continue serving elderly people with greater dedication and compassion.

3. Raksha Bandan Celebration

Maya CARE celebrated Raksha Bandhan across Bengaluru, Hyderabad, Delhi, Mumbai, and other cities. Volunteers tied Rakhis to the residents and celebrated the occasion with love, warmth, and togetherness.



4. Visit to Parents in the UK

Maya Care arranged opportunities for elderly parents to visit their loved ones in the United Kingdom. These visits created precious family moments and helped strengthen emotional bonds between parents and children. Spending time with family brought happiness, comfort, and emotional fulfilment to the elderly members.

5. Training Programmes for Volunteers

Maya Care conducted training programmes in Bengaluru and Hyderabad for volunteers to strengthen their knowledge and skills in caring for and supporting elderly people. The training helped volunteers understand the needs of senior citizens and provide assistance with greater patience, respect, and compassion.

6. Social and Recreational Activities for Elderly People

Maya Care organized various recreational activities for elderly members, including games, music, singing, storytelling, and group activities. These programmes provided opportunities for enjoyment, friendship, and meaningful social interaction.

7. Celebration of Festivals and Special Occasions

Maya Care celebrated festivals, birthdays, important days, and other special occasions with elderly people and volunteers. These celebrations helped reduce loneliness and created a warm family-like environment where everyone could enjoy and share happy moments together.

8. Volunteer Engagement and Community Service

Our volunteers actively participated in supporting elderly people through visits, companionship, assistance, and community activities. Their dedication and caring attitude helped create a safe, friendly, and supportive environment for senior citizens.

9. Promoting Dignity, Independence and Well-being

One of the important objectives of Maya Care is to promote the dignity, independence, and overall well-being of elderly people. Through companionship, activities, training, family visits, and social programmes, Maya Care encourages senior citizens to remain active, confident, respected, and connected with the community..

10. Maya CARE Foundation has been selected among the Top 20 in the World Forum for Innovation and Industry. This gives us a great opportunity to present our Project Bindu work in front of CSR heads, NGOs, policymakers, and investors.

It is a wonderful platform to showcase our work and impact to a large and influential audience. All the very best to the team representing Maya CARE Foundation. Wishing you all the success!

Coping up with caregiving challenges

Author: Mahesh Kulkarni Sr. VOLUNTEER
PUNE. (Part of the article is inspired by a Marathi speech on caregiving and spirituality by Dr. Himanshu Vaze, orthopedic consultant, Pune)



Caregiving is no doubt a work of selfless service and devotion. " शिव भावे जीव सेवा- Shiv Bhave Jeev Seva" is a term used for service to humanity which essentially means every human being is a manifestation of Lord Shiva and service to human beings is service to God. This philosophy was promoted by Ramkrishna Paramhans and implemented by his disciple Swami Vivekanand.
But, in practice , consistent caregiving to elderly and disabled is often an exhausting job. Caregivers, at times, experience depression, sleeplessness, fatigue and isolation. This is called caregiving burnout. So,it is necessary for a caregiver to follow regular exercises like fast walking , pranayama and Yogasanas. They should engage themselves in social activities . Spirituality and meditation also helps them to confront these challenges. Last but not the least ,they should follow a proper diet and stay away from too much sugar and salt. Intermittent fasting helps to maintain proper metabolism and digestion. Fasting can be carried out under
medical supervision. In a nutshell, caregiving should be a win-win situation for both caregivers and beneficiaries.

Pets as Therapy for elderly



It is common to keep domestic animals and birds as pets. Keeping pets has therapeutic and healing value, especially for the elderly and the disabled. It is advisable to keep smaller breeds of dogs or adult cats as pets. Caged birds like a parrot or parakeet can also be kept. Some other pets include fish, tortoises or turtles. There are many mental, emotional and physical benefits of keeping pets. Pets offer unconditional love and affection. Keeping pets reduces stress and anxiety. Interacting with animals is scientifically shown to lower stress and promote relaxation. Pets provide a sense of aim and purpose in life. Caring for or interacting with an animal provides a meaningful focus for the day, shifting an elder's mindset away from their own physical ailments or worries. Keeping pets promotes light exercise, like taking the dog for a walk. Studies consistently show that watching a fish swim in the fish tank immediately lowers blood pressure, reduces cholesterol levels and reduces risk of heart diseases. In the more developed western countries, some dogs are specifically trained to guide and assist the disabled and blind people.
If you are planning to keep a pet, you must know the challenges involved. It is better to consult an expert before you decide to keep a pet. Previous knowledge about pets is essential. Consider factors like permission from society, your own health, ability to take care of yourself along with a pet and the extra expense involved. If you are living in a joint family, it may be easier to share the responsibility of taking care of a pet. In a nutshell, pets will always remain a source of joy and happiness to their owners, especially the elderly and the disabled.
Author: Dr. Avanish Thanawala, Volunteer, Pune.

Our Volunteers, Our Strength

A Heartfelt Gratitude to Maya CARE and Mr. Mahesh Kulkarni



1. Shri. Vishwas Shamrao Panchal Rajarampuri, Kolhapur

A heartfelt appreciation for your selfless dedication, compassion, and valuable service to senior citizens through Maya Care. With 61+ services and 32+ senior citizens served, your kindness and commitment have touched many lives and brought comfort, dignity, and companionship to those in need.

Your journey of service is a true inspiration and a shining example of humanity, care, and community spirit. With Gratitude & Respect



2. Bishakha Ghosh , Pune

MayaCare sincerely appreciates your dedicated and compassionate volunteer service since 2015.

Through regular visits to elderly individuals, you have provided companionship, conversation, reading support, and assistance with essential needs such as banking, groceries, medicines, and online shopping.

Your support to Persons with Disabilities (PWDs), especially through English communication and interview preparation, has helped build confidence and open new opportunities. Your years of service reflect the true spirit of volunteering—giving care, confidence, companionship, and hope.

MayaCare is deeply grateful for your selfless contribution and proud to have you as part of the MayaCare family. With heartfelt thanks and appreciation for your valuable service.



3. Arijit Ghoshal : A Journey of Courage, Hope, and Resilience

Arijit, born in West Bengal, was a sincere and hardworking student with dreams of a successful future. On 11 July, an accident and complications following spinal surgery left

him paralysed in his lower body, forcing him to leave his graduation studies and adapt to life in a wheelchair.

Three years later, he began again, completing his BA degree despite the challenges. He later started a manufacturing business with friends, but the COVID-19 pandemic brought it to an end. After losing his father in 2023, Arijit continued moving forward through freelance work and eventually joined Maya Care Foundation.

Today he belongs to the bindu power team, , as a Project Coordinator, he supports and manages multiple CSR projects.Arijit's story is not about what he lost, but about the courage to begin again—every time.

Active Ageing

What is Active Ageing?



Active ageing means helping older adults maintain their physical health, mental well-being, independence and social participation as they age. It includes regular exercise, learning, social interaction, recreation, preventive healthcare and opportunities to remain engaged and purposeful.

5 Active Ageing Centres: Bengaluru, Chennai, Delhi & Hyderabad

Sl no	Name	Address	Contact	Service
1	Nightingales Trust Day Care for Elderly & Dementia	2nd Floor, No. 190, Rashtriya Vidyalaya Road, 2nd Block, Jayanagar, Bengaluru, Karnataka – 560004	+91 80 4242 6565	Physical, cognitive and social activities; Active Ageing programme
2	Nightingales Trust Dementia Day Care & Active Ageing Centre	No. 337, 2nd Cross Road, 1st Block, RT Nagar, Bengaluru, Karnataka – 560032	+91 80 4242 6565	Exercise, social activities, cognitive stimulation and therapeutic programmes
3	SCARF – DEMCARES Active Ageing Centre	R/7A, North Main Road, Anna Nagar West Extension, Kailash Colony Sector A, Chennai, Tamil Nadu – 600101	+91 73585 88822	Dementia-related support and active ageing programmes
4	Anugraha Day Care & Recreation Centre	E-97, DDA Colony, Khyala, New Delhi – 110018	+91 92134 29305	Recreation, counselling, social support, learning and computer activities
5	Second Innings House	Padmanath, Plot No. 48, Ishaq Colony Road, Ishaq Colony, Karkhana, Secunderabad, Telangana – 500015	+91 79952 11101	Senior Social Centre, Day Care, Assisted Living and elderly-care services





Our Volunteers Serve the Elderly



1. Suman Kamble and Rekha Singh celebrated Raksha Bandhan with senior citizens at Aai Care Foundation Charitable Trust Old Age Home, Mumbai.



2. In Kolhapur, volunteer Sanjay Kulkarni helped Dilip Madhukar Jamkhandikar bring a Ganesh idol home from the market.



3. In Sangli, Maya CARE Foundation conducted an awareness campaign at Bharti Hospital with volunteers Sujata, Sachin Upadhyay, Zoheb Mulla, and Sridhar Oak



4. In Bhopal, Bhanu Pratap Sharma celebrated Independence Day with senior citizens at Apna Ghar Old Age Home on 15 August.



5. In Jabalpur, a volunteer assisted a senior citizen with banking activities.



6. In Bhopal, a volunteer assisted a senior citizen with purchasing medicines.



7. In Hyderabad, volunteer Aila Narender celebrated Raksha Bandhan with senior citizens at Rajeshwari Foundation.



8. At Providence Home, Bengaluru, NetApp and Maya CARE volunteers Sumana and Shylaja conducted a cloth bag painting activity.

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Year : 4th Issue : 4th October - December 2026

MAYA CARE NATIONAL HELPLINE : 1800 572 1343

Maya Care Operates in 72 cities of India as mentioned below

Nashik, Parbhani, Ahmednagar, Jalana, Jalgaon, Dhule, Wardha, Mumbai, Sangli,Yavatmal, Nagpur, Nandurbar, Pune, Satara, Amravati, Chandrapur, Solapur, Akola, Buldhana, Kolhapur, Aurangabad, Beed, Latur, Jabalpur, Ujjain, Bhopal, Chhatarpur, Gwalior, Rewa, Indore, Jhansi, Lucknow, Kanpur, Chandigarh, Jalandhar, Ludhiana, Abohar, Surat, Vadodara, Ahmedabad, Gandhinagar, Katchch, Coimbatore, Chennai, Pondicherry, Hyderabad, Bengaluru, Panipat, Sonipat, Guwahati, hailikandi, 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.

FOR WHATSAPP

9552510400/9552510411
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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**
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TO,

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