

Editorial

In the hustle and bustle of our modern lives, amidst the chaos and clamor, there exists a beacon of hope and compassion - Maya Care. For over 14 years, Maya Care has stood as a steadfast companion to the elderly, embodying the ethos of "Next best thing to family".

With a dedicated team of over 150 individuals who have triumphed over their disabilities, lovingly referred to as Bindus, and supported by 2000 volunteers across 74 cities in India and 4 cities in the UK, Maya Care extends a helping hand to the elderly for their daily tasks, from purchasing groceries to accompanying them to social gatherings.

But Maya Care's impact not only transcends mere assistance; but also it fosters a sense of community and awareness, organizing programmes with corporates and citizens alike to shed light on the plight of senior citizens. Through initiatives like awareness activities and old age home visits, Maya Care has made over 31,542 visits, spreading empathy and understanding.

Moreover, Maya Care goes beyond immediate care, providing placement services for those capable of utilizing their talents outside the organization. Collaborations with companies like Indigo and Future Generali bear testimony to Maya Care's commitment to empowering individuals.

The accolades and recognition garnered by Maya Care, including the Great British Workplace Wellbeing Award and the Phenomenal She Award, underscore its profound impact. It is a testament to Maya Care's unwavering dedication to the welfare of the elderly and people with disabilities.

As Maya Care's roots deepen in society, it serves as a symbol of hope and empowerment, akin to a banyan tree providing shelter to the needy. We have started our "May I Help You" help desk at Sardar Vallabhbhai Patel Hospital in Delhi, and we obtained permission to establish it in societies, thereby expanding our free services to reach many elderly individuals. We have successfully distributed 13 oxygen concentrators to old age homes in Mumbai, which were donated to us by ISS. The recent honor bestowed upon Maya Care by the "Maharashtratil Mandire" Facebook page reflects the widespread appreciation for its tireless efforts. This page is run by our Volunteer Mahesh Kulkarni. Also at this event fifteen Female Volunteers of Maya Care were felicitated for their remarkable service.

In a world often characterized by indifference, Maya Care stands as a shining example of compassion and solidarity. It is a reminder that even in the busiest of lives, there is always room to extend a hand of kindness and support to those in need. As Maya Care is expanding its services to more & more elderly people & empowering PWD people, we appeal you to donate for this cause.

Feedback From Beneficiaries

1. Smt. Uma Shishodia, age 62, Delhi, (8800577262).

One day, I felt very sick and in pain, so I needed to go to the hospital. Since I was alone at home, I wanted someone to come with me. I contacted Maya Care, and a volunteer agreed to accompany me. They helped me a lot during that difficult time, and I am very grateful to Maya Care and especially to the volunteers who assisted me greatly.

2. Jeevan Sandhya oldage home, Ahmedabad, (9427956267).

I am Ms. Dimple, the manager of this nursing home. One day, we celebrated the kite festival, and it brought so much joy to our elderly residents. We had a great time with the volunteers from Maya Care, and their activities made our seniors very happy. We're thankful to Maya Care and all the volunteers for organizing this event and bringing smiles to our residents' faces once again. Thank you all!

3. Anni Teresa oldage home , Chennai , (9600225897)

I'm Mr. Satish, the manager of this lovely home. We had a wonderful time celebrating Pongal with 35 elderly residents, thanks to the kind volunteers from Maya Care. They brought joy to our home, making everyone happy. We're grateful to all the volunteers of Maya Care on behalf of our elderly residents.

4 Jan Seva old age home , Mumbai, (8291283934).

I'm Mr. Sagar Skar, the manager of this nursing home. It was a special day when volunteers from Maya Care visited. They organized fun activities like singing and games, and we had a great time. Many thanks to Maya Care and the volunteers for making our day wonderful.

5 Sarojamma, age 68, Bengaluru , (9108082103).

I was alone at home because my children are abroad. One day, I needed to go to the hospital. A kind volunteer named Salva Rajh came and accompanied me to the hospital. He also helped me complete the paperwork for my pension. Now, I am receiving a pension. I want to thank Maya Care for their support and appreciate them for helping elderly people like me. Thank you once again to Maya Care and the volunteer who assisted me.

6. Nama sadhana old age home, Bengaluru, (9679510697)

I'm John, the manager of this place. Today was Republic Day, and we celebrated together with volunteers from Maya Care. They organized lots of fun activities like songs and dances. Huge thanks to Maya Care, especially the volunteers who joined us in the celebrations.

7. Ram Kumar, age 65, Sonipat, (7082893132)

One day I was alone at home and had trouble booking a gas cylinder. I heard about Maya Care and a volunteer came to help me. They assisted me in booking the cylinder and also contacted the supplier for me. I'm grateful to Maya Care and the helpful volunteers.

8. Supriti Banerjee, age 68, Kolkata, (9903028067)

"I'm weak and struggle to get vegetables for myself. Luckily, I heard about Maya Care. A kind volunteer helped me buy vegetables and even walked me home. I'm so grateful to Maya Care and the volunteers for their kindness."

9. Smt. Shashi kala , age 75yrs, Ujjain MP, (9826134464)

Hello, I am Shashi Kala, a 75 years old woman wants to thank Maya CARE Foundation and their volunteers for the services they are offering to senior citizens like me.

Whenever I want to go for any appointment or outside your volunteers accompany me very well.

Thank you once again.

10. Swaraj Vridhasharam, Kanpur Up, (8400144601)

On 18th of March, Maya CARE arranged a free health check-up (NCD) Camp in our care home. Volunteer Mr. Amit Sachan and Sunil Kumar Verma, were very cooperative and kind, they cared for each residence with warm treatment and helped them to do their health check-up. This brought our residence to get their health conscience and healthy tips. Thank you Maya CARE for your genuine services, really it's very inspiring.

Maya CARE activities

1 Maya CARE UK was honored with the Great British Wellbeing Award 2024 in the category of "Best Use of Technology" on February 24th. The project showcased the transformation of the workplace, particularly in accommodating visually and speech/hearing impaired employees, Ayush, Sowmya, and Anupama. Their effective communication through text-to-voice and voice-to-text technologies exemplifies the excellence.

2 Maya CARE successfully placed four candidates at Indigo Airlines and Future Generali during this quarter under its skill development training program, offering significant support for their interview preparation and securing stable job roles.

3 Founder Manjiri Gokhale Joshi was featured in the Indian Bar Association magazine on Women's Day, March 30th, and was honoured with the prestigious "Phenomenal She Award."

4. On Women's Day, Maya CARE's leadership member, Ms. Sandhya Atram, was featured as a social entrepreneur of the Maya CARE Business Process Outsourcing unit.

5 Across 74 cities in India, Maya CARE organized celebrations for Sankranti (Pongal), including kite flying with the elderly, as well as activities such as singing, crafting, and fostering companionship, supported by a dedicated team of volunteers.

6. Mrs. Vinita Mahajan, a dedicated female volunteer, received the Rajmata Jijau Award during a function in Pune on Rajmata Jijau Jayanti. Her relentless service to elderly is very inspiring to all volunteers.

7 MayaCare received a memento from the "Maharashtratil Mandire" Facebook page for its relentless efforts in empowering the elderly and people with disabilities. This recognition was particularly significant as it was awarded by Shri Mahesh Kulkarni, a devoted volunteer at MayaCare.

8. Volunteers from Oracle prepared and distributed 150 greeting cards to senior citizens across Mumbai, Pune, Bangalore, and Hyderabad on Volunteers Day, bringing joy and warmth to their hearts.

9. A collaboration with Publicis brought two virtual activities aimed at interaction, including singing and jokes, to bring smiles to the faces of the elderly.

10. On Women's Day, Oracle conducted a PowerPoint making session for Maya CARE's Bindu women, providing coaching and insights to enhance their skills in presentation preparation, empowering the Bindu women leadership team.

11. A drawing workshop was held on February 19, 2024, at Jivhala Old Age Home in Baner, Pune. Volunteer Ms. Aruna Awatramani led the session, bringing joy to 15 elderly participants. It was a pleasant day filled with creativity and camaraderie. Volunteer Mahesh Kulkarni was also present.

These diverse activities showcase Maya CARE's commitment to empowerment, inclusivity, and community engagement, making a positive impact across various sectors and demographics.

Optimism is the faith that leads to achievement - Hellen Keller.

The schemes for Senior Citizens.

1. The Rashtriya Vayoshri Yojana (RVY)

This is a compassionate initiative crafted by the Ministry of Social Justice and Empowerment, aimed at extending support to senior citizens facing age-related challenges. Its noble objective is to furnish aids and assisted-living devices, encompassing a range from walking sticks to hearing aids, free of charge. Initially tailored for senior citizens under the Below Poverty Line (BPL) category, the scheme has been revamped, now embracing seniors with a monthly income not exceeding Rs. 15,000. In a heartening gesture, these essential devices are distributed in camps, ensuring accessibility and dignity for those in need. The scheme's address and contact details are as follows:

A4B4, 3rd Floor, A Block, CGO Complex, Lodhi Road, New Delhi-110003,

Email: indiaportal@gov.in

Website: <https://www.india.gov.in> › official-website-ministry-social. this the official site of the ministry of social justice and empowerment.

2. The Integrated Programme for Senior Citizens (IPScC)

This Programme stands as a beacon of support for our elderly populace, offering grants covering up to 100% of project costs for various vital endeavors. These include Senior Citizens' Homes providing solace and care for destitute seniors, specialized facilities for elderly women, and dedicated establishments catering to seniors afflicted with Alzheimer's or dementia. Mobile Medicare Units extend medical aid to seniors in rural and isolated areas, while physiotherapy clinics ensure well-being for a significant number of seniors monthly. Regional Resource and Training Centres (RRTCs) serve as hubs for technical support, advocacy, and capacity building. For inquiries, please reach out to:

Social Welfare & Women Empowerment Department, Government of Tamil Nadu, India,

Mrs. M. Nanditha - srcwTamilNadu@gmail.com or phone at 9150056807.

Website: <https://www.india.gov.in> › website-national-social-assistance. website of the national social assistance programme.

Health tips for senior Citizens

Regular Exercise 	Walking 	Healthy Diet 
Regular Health Checkup 	Social Gathering 	Events 

For Useful Information on Senior Living, Inclusive Fitness, Active aging, Wellness & Rehab Kindly Visit Website <https://hurusa.com>.

Successful stories of our Corporate Placement:

Arman's Remarkable Journey: A Story of Resilience and Empowerment :

I am Mahammad Arman, a visually impaired (Low Vision 40%), from Bihar. My life journey began with humble origins, faced academic challenges despite successfully completing my Post Graduation in History. My thirst for knowledge instilled by my parents. The loss of my mother left me adrift, but my bond with my father provided solace and strength. When my father passed away, I felt lost once more.

Yet, a glimmer of hope emerged through the Maya CARE Foundation. Their three-month training program equipped me with technical and professional skills, empowering me to pursue job opportunities. With their support, I landed a position at Indigo Airlines, where I merged my technical expertise with empathy.

Alongside a companion, I navigate life's complexities, recognizing the interconnectedness of our experiences. Today, I am financially independent, thanks to Maya CARE's unwavering support. Their guidance has enabled me to lead a fulfilling life without dependence. Thank you, Maya CARE, for being the beacon of hope in my journey.



Passion of our Volunteers / Bindu Member :



These Beautiful Nature Photos are Captured by our Volunteer Neena Dhawan.



This Art is drawn by our Bindu Member From Power Team Santosh Tuljapure.

Join Maya CARE: Brightening Elderly Lives

Join Maya CARE Ambassadors in serving the elderly with compassion and companionship. Make a meaningful impact by volunteering your time, big or small. Get involved, Together, let's spread love and kindness to brighten the lives of our elders. Contact : Toll free: 18005721343 & 9552510400 / 9552510411 / 8055995966 (For Whatsapp)



Our volunteers Amit Sachan and Sunil Kumar doing free health check up for the elderly at Swaraj Vridashram, Kanpur UP



Our volunteers Shikha and Anuradha Dubey playing games and talking with the elderly at Narmada Old Age Home in Jabalpur, Madhya Pradesh.



Our volunteer Rashmi Kumari doing bank KYC for Parvati Devi from Jhanshi UP.



Sanatan Paul, our volunteer at Maya Care reading a newspaper to Sripati Jana from West Bengal West Medinipur.



Our volunteer Prasannajit Chakraborty bringing medicine to Jatsana Adak from Howrah, Bengal.



Maya Care Foundation volunteer Siddharth Jana brings medicines to Manju Shah of North 24 Parganas.



Maya CARE Volunteer joyeb Acharya brings medicines to Ganga Acharya of Bankura West Bengal.



Parimal Mangal, volunteer of Maya Care reading Bhagavad Gita to Geeta Paul from Bengal West Medinipur.



Our volunteer Vanshika Chaudhary while helping Mrs. Shashikalaji to withdraw money from the bank, a lady senior citizen of Ujjain



Delhi State Coordinator Ayush Garg and other volunteers at Sardar Vallabhbhai Hospital in Delhi during the opening of help desk for patients.



Our volunteer Jailal Saket enjoying Holi celebration and Rang Panchami with an elderly person at Astha Vridhashram Indore.



Our volunteer Siddharth Jana reading the story book to Bholanath Parmanik, a senior citizen of North 24 Parganas.



13) Our volunteer Prasannajit Chakraborty interacting with female senior citizen Nirmala Bag from Howrah West Bengal



Our volunteer Jailal Saket enjoying Holi celebration and Rang Panchami with an elderly person at mangaldhaam Vridhashram Gwalior.



Our volunteer Basit Majumdar bringing the medical report from the hospital to senior citizen Moin Uddin Majumdar from Helkandi Assam.



Our volunteer Rabia while taking Uma Rani Shashodia, a female senior citizen of Delhi, to the hospital for medical treatment.



MAYA CARE FOUNDATION

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

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MAYA CARE NATIONAL HELPLINE : 1800 572 1343

Maya Care Operates in 23 cities of Maharashtra & Below Cities

FOR WHATSAPP

Nashik, Parbhani, Ahamdnagar, 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, hansi, 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:

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 a senior citizen.
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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