



MAYA CARE FOUNDATION

News Letter

News Letter

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For Private Circulation

Editorial

Information technology is building communications networks, safeguarding data and information, creating and administering databases, helping employees troubleshoot problems with their computers or mobile devices, or doing a range of other work to ensure the efficiency and security of business information.

Smartphones which are extensively used, but have significant drawbacks, including addiction, reduced productivity, social isolation, and severe health issues like poor sleep, eye strain, and "text neck". They cause frequent distractions, increase stress through constant connectivity, and present risks of privacy breaches, cyberbullying, and dangerous accidents, such as distracted driving.

A 2025 report shows that adults over 65 now watch YouTube twice a day as much as they did two years ago. Another study reveals that, on average, people aged 55 and above spend nearly four to five hours for a day in front of a screen, which adversely influences health of elders

Beyond personal challenges, global events are also adding to the stress experienced by the elderly. As of March 2026, the ongoing geopolitical tensions and conflicts have created uncertainty across the world. Rising costs of living, disruptions in healthcare access, and emotional distress caused by constant exposure to distressing news are particularly difficult for seniors to cope with. For those living on fixed incomes or dependent on others for care, these challenges become even more overwhelming.

In such a complex and rapidly changing world, the need for compassionate, accessible, and consistent support systems has never been greater—especially for the elderly and persons with disabilities. Maya CARE Foundation plays a crucial role in addressing these challenges. By connecting elderly individuals and persons with disabilities (PWDs) with dedicated volunteers, Maya CARE ensures that they receive emotional support, companionship, and assistance with daily needs—all completely free of cost. The organization also empowers persons with disabilities by providing them with meaningful employment opportunities, enabling them to become independent and contribute to society with dignity.

Till date, Maya CARE has offered over 47,000 free visits across 72 cities in India, 4 cities in the UK, and Kathmandu in Nepal, and has empowered over 3,000 persons with disabilities through its various initiatives.

Through the use of technology and a strong volunteer network, Maya CARE bridges the gap between those who need help and those who are willing to give their time and care. Whether it is a simple conversation to reduce loneliness or assistance in accessing essential services, every interaction creates a meaningful impact.

We invite donors, corporates, and volunteers to join hands with Maya CARE Foundation. Your support can help expand this vital network, reach more elderly individuals in need, and empower more persons with disabilities through sustainable opportunities. Together, we can build a more inclusive, compassionate, and connected society where no one feels alone or left behind.

Service Testimonials



1. Nagrathna, 65, Bengaluru .. From Loneliness to Companionship

In the quiet lanes of Muneshwara Layout, Yelahanka, lived Mrs. Nagrathna, a 65-year-old widow whose days had grown heavy with silence. Once surrounded by the warmth of her husband's presence, she now faced the solitude of an empty home. Her three sons, though loving, were scattered across Bengaluru, their lives consumed by work and responsibilities. For Nagrathna, the simple tasks of daily

living—cooking, cleaning, even walking to the hospital—had become daunting challenges. Loneliness weighed on her more than her frailty.

It was during one such difficult phase that her neighbor, Mrs. Asha, stepped in. Asha was not just a neighbor but a volunteer with Maya CARE Foundation. She noticed Nagrathna's struggles and reached out with kindness. At first, Nagrathna hesitated—trusting strangers was never easy—but Asha's gentle reassurance and consistent presence began to melt her reservations.

Soon, Maya CARE became a lifeline. Volunteers helped her with household chores, accompanied her on short walks, and ensured she never had to face hospital visits alone. Medicines were procured without stress, and conversations filled the silence of her evenings. What began as assistance gradually blossomed into companionship. For Nagrathna, these small acts of care were transformative—they restored her sense of dignity and gave her back the rhythm of life she thought she had lost.

Her days grew lighter. She felt safer, more supported, and even rediscovered the joy of walking outdoors. The bond she developed with Asha was more than that of a volunteer and beneficiary; it was a friendship that eased her loneliness and gave her emotional strength. With Maya CARE's support, her world no longer felt empty—it was filled with compassion and connection.

Reflecting on her journey, Nagrathna expressed deep gratitude. "This came at the time I needed it most," she said, her voice carrying both relief and joy. For her, Maya CARE was not just an organization—it was a family that stepped in when she needed one.



2. Rajbala , 75, Delhi : Care with Dignity

At 75, Rajbala's days in Ishwar Colony, Trenga Chowk, Pawala were often quiet. Though she lived with her son and daughter-in-law, both were busy professionals, leaving her to spend most of her time alone. Age had begun to weigh on her body, and frequent hospital visits became necessary. Yet, each trip was a struggle—long queues, confusing paperwork, and the exhausting wait for consultations left her drained and anxious. More than the physical strain, it was the loneliness of navigating these visits without support that troubled her most.

One day, a neighbor told her about the Maya CARE Foundation. With hope, Rajbala reached out. Her request was quickly acknowledged by volunteer coordinator Asha Joshi, who understood the urgency of her situation. Soon, a dedicated volunteer, Pooja Devi, was assigned to accompany her.

From the moment Pooja arrived, Rajbala felt a sense of relief. She no longer had to worry about registration counters or standing in endless lines. Pooja managed the documentation, guided her through the consultation process, collected medicines, and ensured she returned home safely. What could have been a draining ordeal turned into a smooth, dignified experience. For Rajbala, the presence of someone by her side was more than assistance—it was companionship, reassurance, and care.

After the visit, Maya CARE followed up with a call to check on her experience. Rajbala's voice brimmed with gratitude: *"I am very satisfied with the services provided. Pooja Devi supported me at every step during my hospital visit. I express my heartfelt thanks to the Maya CARE team for their kindness and care."*

Maya CARE Activities



1. Manav Seva Sangharsh Samiti Trust, Delhi

A heartwarming visit was organized where volunteers spent quality time with senior citizens. The program included a joyful Holi celebration filled with colors, laughter, and emotional bonding. Donations were also distributed as part of a compassionate initiative to support the elderly and bring happiness to their lives.



2. Old Age Home Visit – Ahmedabad

Volunteer Bhanu Pratap celebrated a delightful kite-flying festival with senior citizens. The sky, filled with colorful kites, symbolized happiness and freedom, while the event brought smiles, excitement, and a festive spirit to everyone present.



3. Maya Care Presentation

The SVP hosted an annual event where many NGOs participated and gave presentations about their collaborative work with SVP. From Maya Care Foundation, Savitha Subedar and Zeeba attended the event and delivered a PPT presentation, representing the organization.



4. Pune Event

The event on 24th February in Pune, organized by CGI and Maya Care, was a lively and heartwarming gathering with 10 participants. Joyful activities like the passing ball game and storytelling by Sandhya and Abhijit Mali fostered connection, while the CGI team's involvement added energy. With smooth coordination from volunteers, the program became a memorable and inclusive experience.



5. Award for Maya Care

Maya CARE Foundation won the All India Association Case Study Award in the category of "Successful Business Model" for Project Bindu. The case study was presented by the dedicated Bindu team—Savita, Zeeba, and Annamary—with guidance from Madhuri, Sunita M, Jyoti, and Abhijit, and support from Sowmya, Pallavi; the award was received by Ayush and Aasha.

6. Awareness Drive – Jabalpur

An awareness campaign was conducted at SBI Bank to assist senior citizens with their paperwork. Pamphlets were distributed to spread useful information, and special care was taken to guide elderly individuals, ensuring they felt supported and valued. This service done by our dedicated volunteer Nisha

7. Republic Day Celebration – Mumbai

Volunteer Jitesh Singh Rajput celebrated Republic Day with senior citizens through patriotic activities, cultural interactions, and heartfelt conversations, fostering a sense of belonging and national pride among the elderly residents.

8. Republic Day Celebration – Bhopal

Volunteer Sapna Bagul led a vibrant Republic Day celebration at the old age home, where over 24 residents participated. The program was filled with patriotic spirit, engaging activities, and joyful moments, making the day truly memorable for everyone present.

9. Makar Sankranti Celebration – Mumbai

Volunteers Hardik Patel, Anuja Kadam, and Alka Manve celebrated Makar Sankranti with warmth and joy at the old age home. The event featured entertainment, friendly interactions, and festive cheer, creating a lively and positive atmosphere for the senior citizens.

10. Free Distribution of Wheelchairs in Delhi

We successfully organized a meaningful donation drive where 10 wheelchairs were distributed to senior citizens in need. This initiative aimed to improve mobility, comfort, and dignity for the elderly residents, making their daily lives easier and more independent.

These achievements reflect the strength of an inclusive team comprising individuals with diverse disabilities—locomotor, wheelchair users, and visually impaired—coming together and transforming their abilities into collective success.

Tips for Healthy Diet

Food and nutrition are essential for life. Having a nutritious and balanced diet will improve the quality of life. A healthy diet is particularly important for the elderly. Seniors should keep in mind the following important points:

1. Prioritize proteins: Overcome protein deficiency, as muscle-loss (sarcopenia) is common in elders. Having sprouts and a variety of dals in proper quantity is necessary. Eggs are also a very good source of digestible proteins.

2. Focus on "Bone-Building" Nutrients: Calcium and Vitamin D are both important. They are available in dairy products (milk, curds and cheese), soya milk, and cereals. Greens, egg yolk and sunlight give Vit. D.

3. Have more Fiber: Vegetables, greens and fruits contain high fiber. Fiber helps manage cholesterol and heart health. Fiber also keeps the digestive system regular, which can sometimes slow down with age.

4. Proper hydration is vital: Although the sensation of thirst often reduces with age, it is important to consciously consume water, juices and healthy drinks. Seniors should avoid alcohol and limit the consumption of tea and coffee.

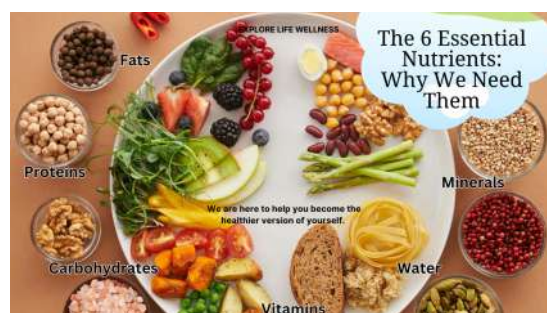
5. Be aware about time and quantity: Have timely meals and fluids. The body is most active in the daytime, so it needs maximum nutrition. Keep proper space between meals in order to give time for digestion. Have a light dinner.

6. Energy and carbohydrates: On an average, seniors may require 1,600 to 2,000 calories of energy depending on their age, gender and activity. Simple sugars and white flour give a sudden spike in blood glucose level, which is not good. Complex carbohydrates like whole grains, jowar, bajra, other millets and brown rice contain fiber and release the glucose over a longer time which is better.

7. Fats: Healthy Fats are found in nuts, seeds, olive oil, and fatty fish. These support heart and brain health. Less Healthy Fats are found in deep-fried foods and processed snacks. These can lead to inflammation. Fats help lubricate joints and are essential for cognitive function (brain health).

8. Vitamins & Minerals: These are "micronutrients." They act as spark plugs for chemical reactions. Vitamins (A, B, C, D, E, K) support immunity, bone health, and energy production. Minerals (Calcium, Magnesium, Iron, Zinc) support bone density, oxygen transport in the blood, and muscle contractions.

9. Consult Doctor and Dietitian: Those having chronic diseases like Diabetes, B.P., Heart, Liver, Kidney and other problems should consult health and diet experts.



Compiled by: Neha Deshpande, Bangalore and Avanish Thanawala, Pune.

Our Volunteers Serve the Elderly.



Anuja Jitendra Kadam , Mumbai

We extend our heartfelt gratitude to Anuja Jitendra Kadam for her inspiring service with Maya Care Foundation. For the past four years, she has devoted her time to supporting senior citizens with warmth and compassion, forming bonds that feel like family. Having grown up without her biological parents, Anuja found love and belonging in the elders she serves, accompanying them in times of need and sharing in their joys and sorrows. Her selfless dedication reflects the values instilled by her maternal uncle and aunt, and today she continues to spread those values through her work as a homemaker, beauty professional, and devoted volunteer.



Dipali Jadhav, Mumbai

We extend our heartfelt appreciation to Dipali Jadhav for her dedication and compassion as a volunteer with Maya Care Foundation. At just 28, she has shown remarkable empathy by caring for senior citizens, supporting them during hospital visits, and bringing joy through companionship. Her journey reflects growing confidence, independence, and a deep sense of connection with the elders she serves.

Together, Anuja Jitendra Kadam and Dipali Jadhav truly embody the spirit of volunteering. Their selfless efforts have enriched the lives of many elders, spreading warmth, dignity, and strengthening the community.

Case study of Bindu Beneficiaries



Neelufer's Journey

Neelufer's journey with the Maya CARE Foundation is a powerful story of resilience and transformation. Living with quadriplegia, she turned her challenges into strength and stepped into her role as Project Lead with courage and determination.

She led with empathy, supported beneficiaries—especially persons with disabilities—and ensured every effort was meaningful and inclusive. Through her work, she not only managed projects effectively but also inspired hope and confidence in others. In a supportive environment, Neelufer rediscovered herself as a leader and changemaker, proving that challenges can become stepping stones to create impact, dignity, and hope.



Annmary Raphy's Journey

Annmary Raphy was born blind, but her mother turned grief into courage, weaving the world for her through stories. Childhood brought struggles, yet music became her refuge and Sister Jemese her guide. Though loneliness and doubt followed, her mother's belief in education kept her moving forward. At St. Stephen's College, independence began with a white cane and grew into confidence. Despite setbacks, she reclaimed her dream of psychology, completing her post-graduation and building a career with resilience. She learned to embrace technology, turning fear into skill and hesitation into leadership. Friends and mentors

became anchors, helping her rise with quiet confidence. Each challenge strengthened her voice and deepened her purpose. Today, Annmary measures life not by sight but by strength, by the courage to walk alone, and by the light she brings to others. Her journey is a reminder that true vision lies in resilience, hope, and the will to uplift those who struggle.

Maya CARE Activities



1. Bindu team members actively participated in a marathon event in Pune.



2. Volunteers Shubhangi Lohkare and Makarand Nimonkar organized a tree-planting activity and offered companionship on 4th February 2026.



3. Volunteer Shweta Davane assisted with a safe airport pickup and drop in Mumbai.



4. Volunteer Sapna Bagul celebrated Republic Day with senior citizens in Thane West, Mumbai.



5. Volunteer Gajanan Dhore supported a visually challenged senior in Pune with daily assistance.



6. Volunteers Anuja Kadam and Alka Manve celebrated Makar Sankranti with seniors in Dombivli East, Mumbai.



7. Volunteer Satbeer Singh assisted a senior citizen in Sonipat with hospital visits and medicines.



8. Volunteer Dharampaul organized a donation drive distributing 10 wheelchairs in New Delhi.

Our Volunteers Serve the Elderly



9. Volunteer Vaishnavi supported a senior in Amravati with comprehension assistance



10. Volunteer Vishwas Panchal assisted an elderly woman in Kolhapur with medicines and guidance.



11. Volunteer Sandeep Parekh ensured safe hospital travel for a beneficiary in Mumbai.



12. Volunteer Jaykumar Soni supported a senior in Satara with medicines and groceries.



13. Volunteer Asha engaged seniors through games at an old age home in Bengaluru.



14. Volunteer Thirthameshwara assisted an elderly woman with walking support in Bengaluru



15. Volunteer Santhya delivered medicines to a senior beneficiary in Coimbatore.



16. Volunteer Abhijit Pawar assisted a senior in Yavatmal with bank-related work.



MAYA CARE FOUNDATION

The next best thing to family
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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, 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, 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
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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



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