

GRACEFUL LIVING

LOVE LIFE LIBERTY

AGE WITH DIGNITY

2026 - Anniversary Issue



**TULSI
TRUST**

DEVELOPMENT FOR ALL

BEST WISHES TO GRACEFUL LIVING

FOR ITS CONTINUING SERVICES
TOWARDS ELDERLY CARE



VIEWPOINT

It's that time of the year when Graceful Living is involved in so much activity... the annual day and the annual issue of the magazine titled 'Age With Dignity' – 2026 Anniversary Issue. Our major collectibles (that's what we call them) include articles from far and near... Chandigarh included. The main contributors are our brilliant doctors, surgeons, CEOs – top names and vital subjects are part of our repertoire. As the name suggests ... it's all for seniors to live gracefully and happily, achieving their goals and living with optimism. This is the highlight of the year, with many more articles and many more pages. Apart from our monthly four-page Newsletters which have the same purpose.

We have an article by Prasad Bhide of Aaji Care which provides geriatric care 24X7 for the elderly; this is an attempt to share what he has learned and experienced to empower the seniors; Amrita Patil Pimpale, founder, Echoing Healthy Ageing, (specializing in geriatric and dementia care) writes about how the brain is capable of growth well into your golden years as scientists discover that ageing minds can become sharper, not duller.

Dr. Mazda Turel, Brain and Spine Surgeon, one of the best known neurologists in India, addresses symptoms to watch out for and states preventive steps for a sparkling brain, and a healthy spine; Dr. Ashok Kirpalani and Dr. Dilip Kirpalani, both known nephrologists go into details about Hypertension, topping them all is High Blood Pressure with calamitous results.

Oh, that terrible feeling of forgetfulness that the elderly are so fearful about! Is it a normal part of ageing or a cognitive impairment? We give you an interesting article to understand what really hurts the memory, risk factors and preventive measures. On a happier note: we list 10 ways to enjoy senior life. Also, Tulsi Trust COO, Shrinivas Sawant writes that NOW (as a senior) is as a good time as any. RESTART LIFE. The body may slow down but other faculties do remain alert. Dr. Rishi Nagpal from Chandigarh writes about Diabetes & Hypertension, both posing significant public health challenges. Also, a handy list of support system (services) available for the elderly by Poromita Basu.

When are we going to wake up and understand that time is going by and we have to, sooner rather than later, let-go of desires. It is about 'let-go' of more and more. Why? Because we don't always get what we want. But we are so attached to our thought processes that 'attaining it all' is a must. Explains Gopinath Chandra Prakash (a Vedic Coach and monk at ISKCON) about 'wants and needs' – what are our wants today can soon turn into needs tomorrow. And once a want evolves into a need, it gets harder to let-go of it.

No magazine can be complete without the mention of Yoga and its importance. Graceful Living writes about how Yoga does enhance health, flexibility and well-being which combines physical postures, breath control, mindfulness to give seniors better health and flexibility. HAPPY READING!



Asha Gurnani Vohra
Editor



SUPPORT GROUP FOR PEOPLE WITH PARKINSON'S DISEASE

PDMDS is an all India Charity Society founded by **Padma Shri Dr. B. S. Singhal** (Mumbai). It provides **'free of cost'** services through a network of support centres across the country.

Multidisciplinary Program at PDMDS



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JUST MOVE IT!

Medically speaking, the process of ageing is a complex one and we never know when exactly we have become old. Is it because of our creaking knees, failing eyesight or the one least expected ... the loss of balance?

The amount of literature available that just talks about the process of ageing and how to overcome its negative effects is truly voluminous. Each book, article recommends a magic wand to overcome these problems whether it is a healthy diet, medical check-ups, social activity, etc. But for many, the one single-most important thing is exercise - the simple act of moving is sufficient to keep all our juices flowing.

The moral of the story is very simple. We are flooded with instructions of 10,000 steps or a workout of 35 to 40 minutes per day, but how many of us can achieve this? We need to keep realistic targets – starting small and then working up to our eventual goal. At all times under the guidance of our family physician.

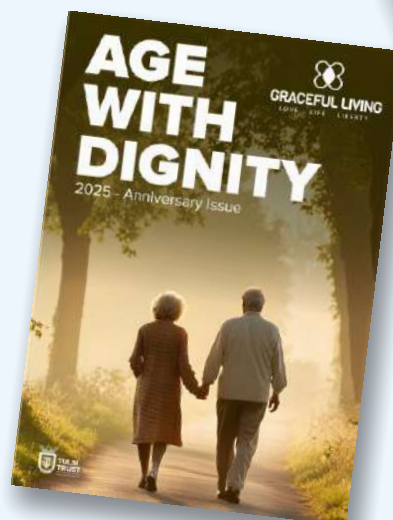
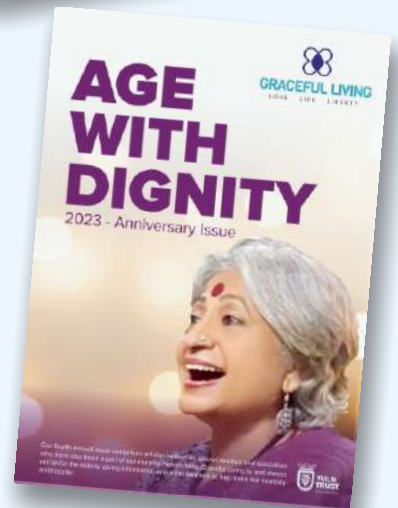
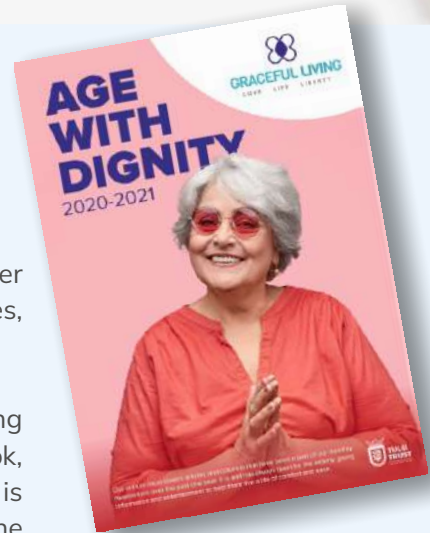
It has also been researched and proven that splitting up our exercise periods into two or even three sessions is just as beneficial as doing everything together. The words, 'sedentary lifestyle' means something more sinister and it becomes imperative that seniors avoid it as much as possible. Whether it is walking at home to answer a doorbell or a leisurely walk in your building or even a swimming session, the goal is for the body to be engaged in some form of movement so that all our organs get the oxygen that keeps them going.

If the joints are functioning, then climbing up a few flight of stairs is helpful. If coming downstairs is difficult, use the lift and repeat climbing.

Somehow, we have to obey the one fundamental fact that moving is life and there are few substitutes for this. So get off the sofa and as said in *My Fair Lady*, "Move your bloomin'"!!



Naval Pandole
Advisor, Tulsi Trust



AGEING WITH PANACHE



One of the best known neurologists in India, Dr. Mazda Turel explains a patient's neurological problem and gives amazing feedback with a positive slant

Keeping Your Marbles and Your Backbone in Top Form – A Neurosurgeon's Guide to Ageing Gracefully

Ah, ageing! It's often painted with broad strokes of wisdom, serene contemplation, and perhaps, a comfortable armchair. But let's be honest, for many of us, it also comes with a few uninvited guests: the occasional "senior moment", a creaky back that sings the blues, and the nagging worry about what exactly is going on up there in the old noggin and down there in the trusty spine.

As a neurosurgeon, I spend my days navigating the magnificent spaghetti of nerves and the intricate architecture of the brain and spine. And while my scalpel might be precise, my approach to life – and indeed, to explaining complex medical matters – tends to be a bit more... conversational. So, let's ditch the medical jargon and talk about how to keep your brain firing on all cylinders and your spine feeling more like a ballet dancer and less like a rusty gate, all while ageing with the kind of grace that makes younger folks nod in admiration.

The Brain: Is It a "Senior Moment" or Something More?

We've all been there: you walk into a room, utterly convinced you knew why, only for your brain to present you with a blank stare, like a particularly unhelpful butler. Or you forget a name that's right on the tip of your tongue, a word that is, as I like to say, "doing a disappearing act". These are, for the most part, simply the charming quirks of a well-lived life – what we affectionately call "senior moments". Your brain isn't failing; it's just juggling a lifetime of information and occasionally drops a ball.

However, there are certain red flags that warrant a closer look. Think of your brain as the CEO of your body. If the CEO starts making consistently poor decisions, getting lost on familiar routes, or struggling to manage finances that were once second nature, then it's time for an audit.

Symptoms to Watch Out For

Memory Loss that Disrupts Daily Life: This isn't just about forgetting where you put your keys; it's forgetting how to use them, or forgetting an entire conversation you just had. It's when memory loss becomes persistent and impacts your ability to perform routine tasks.

Challenges in Planning or Solving Problems: Struggling with tasks that require planning, like following a recipe you've made a hundred times, or difficulty with basic math.

Difficulty Completing Familiar Tasks: Forgetting how to play a favourite game, or getting lost driving to a lifelong friend's house.

Confusion with Time or Place: Not knowing what day it is, or where you are.

New Problems with Words in Speaking or Writing: Trouble following a conversation, or repeating yourself frequently. My patient, Mrs. Eleanor, a retired librarian who could once recite entire chapters of Dickens from memory, started struggling to form sentences, replacing words with unusual sounds. Her husband, wryly noted, "It's like she's speaking in tongues, but without the divine inspiration".

Misplacing Things and Losing the Ability to Retrace Steps: Putting car keys in the refrigerator and not remembering how they got there.

Decreased or Poor Judgment: Making impulsive or uncharacteristic decisions.

Withdrawal from Work or Social Activities: Losing interest in hobbies or social engagements.

Changes in Mood or Personality: Becoming unusually irritable, anxious, or withdrawn.

Preventive Steps for a Brain that Sparkles:

Think of your brain like a fine wine – it needs to be nurtured and stimulated to age gracefully.

Stay Mentally Active: Don't let your brain retire! Learn a new language, pick up a musical instrument, solve puzzles, read, write. My patient, Reggie Putter, swore by daily crossword puzzles. "It's like a gym for the grey matter!" he'd declare.

Eat Brain-Healthy Foods: Think of a Mediterranean diet – leafy greens, berries, fish rich in omega-3s, nuts, and olive oil. Less processed junk, more vibrant, natural goodness. Your brain thrives on good fuel.

Regular Physical Activity: What's good for the heart is fantastic for the brain. Aim for at least 30 minutes of moderate exercise most days of the week. Even a brisk walk can boost blood flow to the brain, keeping those neural pathways clear. As Forrest Gump famously said, "Run, Forrest, run!" – good advice for your brain too.

Social Engagement: Human connection is vital. Stay connected with friends and family. Join clubs, volunteer, engage in meaningful conversations. **Loneliness can be a sneaky villain for brain health.**

Quality Sleep: Your brain uses sleep to clean house and consolidate memories. Aim for 7-9 hours of quality sleep each night. If you're struggling with sleep, talk to your doctor.

Manage Chronic Conditions: Conditions like high blood pressure, diabetes, and high cholesterol can impact brain health if left unchecked. Stay on top of your medications and lifestyle changes.

Limit Alcohol and Avoid Smoking: These are not your brain's friends. They accelerate cognitive decline.

Symptoms to Watch Out For:

Persistent Back or Neck Pain: More than just an occasional ache after a long gardening session. Pain that doesn't go away, or gets worse, particularly if it radiates down your arm or leg (like sciatica).

Numbness, Tingling, or Weakness in Limbs: This is a big one. If you're feeling pins and needles, or noticing that your hand isn't as strong as it used to be, it could be a nerve being pinched. My patient, Mr. Sanjay Patel, a retired cricket enthusiast, came to me complaining his bowling arm felt "like a damp noodle". Turns out, a cervical disc herniation was pressing on a nerve.

Difficulty Walking or Maintaining Balance: If you find yourself frequently stumbling, or feeling unsteady on your feet, your spine might be sending an SOS.

Loss of Bladder or Bowel Control (Urinary/Faecal Incontinence): This is a medical emergency. Seek immediate help.

Changes in Reflexes: A neurologist can test this, but if you notice your reflexes feel "off".

Preventive Steps for a Happy, Healthy Spine:
Your spine is like a delicate suspension bridge; it needs proper alignment and care.

Maintain a Healthy Weight: Excess weight puts extra strain on your spine. Think of it as carrying a perpetually heavy backpack.

Stay Active (Sensibly!): Low-impact exercises like walking, swimming, and cycling are excellent. Core-strengthening exercises (think Pilates or gentle yoga) are superstars for spinal support. Remember, a strong core is your spine's best friend.

Practise Good Posture: Whether sitting, standing, or lifting, maintain proper alignment. Think of your ears, shoulders, and hips forming a straight line. As my old anatomy professor used to say, "Gravity is a harsh mistress; don't fight it, align with it!"

Lift with Your Legs, Not Your Back: Bend at your knees, keep your back straight, and let your powerful leg muscles do the heavy lifting.

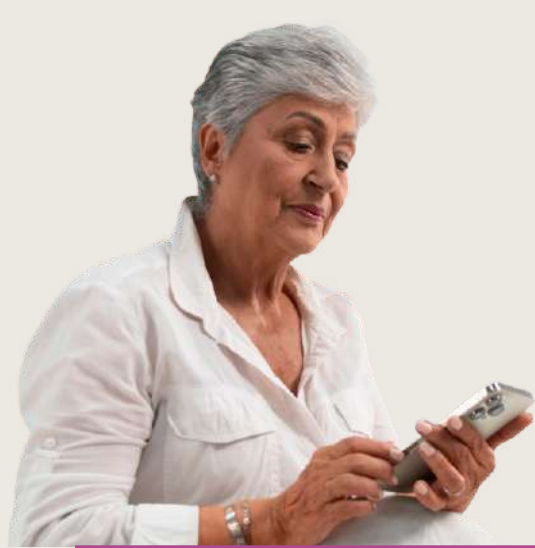
Ergonomics: If you spend a lot of time sitting, ensure your chair, desk, and computer are set up to support good posture.

Don't Smoke: Smoking reduces blood flow to spinal discs, making them more prone to degeneration. Yet another reason to kick the habit.



The Spine: Your Body's Unsung Hero (Until it Sings the Blues)

Your spine is the magnificent central pillar of your existence, a marvel of engineering designed for flexibility and support. It houses your spinal cord, the superhighway connecting your brain to the rest of your body. But like any grand structure, it experiences wear and tear over time.



When to Pick Up the Phone and Call a Neurosurgeon

This is the million-dollar question. While "a stitch in time saves nine," - in neurology, early detection can often make a world of difference.

Seek Help If:

- ✓ Symptoms are persistent and worsening.
- ✓ Symptoms significantly interfere with your daily life.
- ✓ You experience sudden onset of severe headaches, weakness, numbness, or vision changes. (Think stroke symptoms – call emergency services immediately for these!)
- ✓ You have unexplained changes in your balance or coordination.
- ✓ Your primary care physician recommends it. Trust his judgment.

Remember, the goal isn't to live in fear of every creak and forgotten name. It's about being informed, proactive, and understanding that while ageing is inevitable, declining health is not necessarily a predetermined fate. My job is to fix what's broken, but my passion lies in helping people keep things working perfectly in the first place.

As you graciously navigate this wonderful chapter of life, remember that your brain and spine are your most valuable assets. Treat them kindly, challenge them regularly, and don't hesitate to seek expert advice when you feel something isn't quite right. After all, a sharp mind and a sturdy spine are the ultimate accessories for truly graceful living. And as my mentor always said, "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven" – so let's aim for that heaven, shall we?



Dr Mazda Turel

Consultant Brain & Spine Surgeon.
Neurologist – CMC, Vellore. He has a Fellowship in complex and minimally invasive spine surgery, Chicago, USA. Fellowship in cerebrovascular and bypass surgery, Shanghai, China.

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A REPUTATION THAT IS 60 YEARS OLD



HOW DO I RECEIVE CARE WHEN I AM VULNERABLE DUE TO MY PHYSICAL OR MEDICAL CONDITION?

Prasad Bhide, Founder-Aaji Care, says this article is an attempt to share what he has learned over the years so that every elder reading this feels a little more prepared, a little more empowered, and a lot more cared for

Over the past 13 years, I have had the privilege of walking alongside over 10,000 elders and their families through their ageing journeys as the Founder of Aaji Care, which is one of India's leading elder care service provider. In this time, I have learned about unique emotional, physical and social challenges that arise when an elder becomes vulnerable due to age-related health conditions.

As you read through, I urge you to reflect on these insights and take small steps toward preparing for times when you may need extra support. Ageing gracefully also means planning gracefully.

1. Create Your Advance Directive

One of the most powerful things you can do for yourself and your family is to prepare an Advance Directive. This document outlines how you wish to receive medical treatment when you are unable to make decisions for yourself due to illness or unconsciousness. It provides clarity to your family during emotional moments and prevents confusion or disagreement.

Work with a doctor or legal advisor to define your wishes clearly. It's a gift you give to yourself and to your loved ones.

2. Get Yourself Insured — Don't Delay

Medical expenses can be overwhelming, especially during emergencies or long-term illnesses. If you are eligible, register for the Ayushman Bharat Yojana to access treatment at empanelled hospitals. If possible, invest in private health insurance earlier in life so that you're covered when you need it most.

3. Don't Distribute Your Wealth Too Early

We often see elders distributing their property or savings among children while they are still alive, thinking it will reduce future disputes. However, this can make you financially vulnerable, especially during times of illness. Keep your assets with you for as long as you and your spouse are alive. You may need them for caregiving, medical support, or even institutional care.

4. Understand Caregiver Burnout Is Real

In long-term illness, family members who care for you may experience fatigue, stress, or emotional burnout. Appreciate their efforts, give them breaks, and don't hesitate to speak openly about what they may need too. Your acknowledgment and appreciation can go a long way in making caregiving sustainable.

5. Seek Professional Help

If your family caregiver needs rest or cannot manage everything, ask for professional caregiving services. Trained home caregivers can step in temporarily or for longer durations. This not only supports your family but ensures you receive consistent and quality care.

6. Choose Professional Caregivers Carefully

If you are hiring a caregiver to assist you at home, ensure they are properly background-verified. Always take services from reputable, established elder care organizations that follow safety protocols. In emergencies, you don't want to worry about who's around you — you want to feel safe and respected.

7. Treat Caregivers with Dignity and Respect

Caregivers are humans too. When a new caregiver joins your home, give them time to adjust, understand your routine, and build trust. Address issues or misunderstandings through dialogue and kindness, not anger. A respectful environment always leads to better care.

8. If You Live Alone, Inform the Police Station

If you are staying alone, inform your local police station. Many police departments in India have Eldercare Helplines and support systems. This simple act can ensure quick assistance in case of any emergency, especially if you are unable to make a call.



9. Get Specialized Help for Complex Conditions

Certain conditions such as Dementia, Parkinson's Disease, Cancer, Stroke, and advanced arthritis require care from experts. In such cases, seek out palliative care services, memory care programs, or neurological rehabilitation specialists. Don't rely solely on general medical help; go to the right expert for your condition.

10. Make Emergency Numbers Easily Accessible

Keep a list of emergency numbers on your refrigerator or near the door. This should include:

- Ambulance
- Nearby hospital
- ✓ Local police station
- ✓ Key family members
- ✓ Your primary doctor
- ✓

Anyone in your home, a caregiver, a neighbour, or a visitor should be able to act quickly during an emergency.



11. Care for Your Mind, Not Just Your Body

As we age, our physical health often receives more attention than our mental or cognitive health. But emotional well-being is equally important. Engage in activities that keep your mind active and joyful:

- Play puzzles or memory games
- Read books or newspapers daily
- Practise meditation and yoga
- ✓ Talk to friends or grandchildren
- ✓ Attend satsangs, workshops, or story-telling groups
- ✓

A healthy mind is often the key to a healthy life.

✓

12. Join Social Groups — Stay Connected

Human connection heals. Whether it's a gardening club, music group, spiritual circle, or senior citizen meet-ups. Find a community that brings you joy. These social interactions boost your confidence, reduce loneliness, and create a sense of purpose.

You still have so much to give: your wisdom, your time, your presence.

13. Accept Institutional Care When Needed — With Grace

Sometimes, home care may not be enough and that's okay. If your health condition requires round-the-clock supervision, physiotherapy, or clinical support, consider transitioning to an assisted living facility or elder care home.

This is not a sign of weakness. On the contrary, it is a wise and brave step towards ensuring you get the right care, in the right setting. Choose a place where you feel safe, respected, and cared for.



In Closing

Growing older is not about becoming dependent, it's about becoming intentional. Preparing for your vulnerable moments is a sign of strength and self-respect. At Aaji Care, we believe every elder deserves care, comfort, and dignity.

Let us move toward a future where every elder in India can age with grace, health, and peace of mind because you matter, your life matters, and your well-being matters.

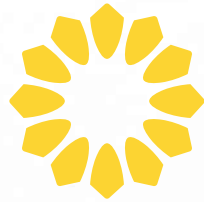


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Aaji Care provides Geriatric Care
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DIABETES AND HYPERTENSION AMONG THE GERIATRIC POPULATION IN INDIA

With ageing comes an increased risk of chronic diseases, particularly diabetes mellitus and hypertension, both of which pose significant public health challenges

A 76-year-old Mrs. Pushpa (real name withheld) was brought to the emergency room of the hospital on a Friday evening by her son. Her face was pale, she was sweating profusely, seemed to be conscious but a bit disoriented. On further examination, it was noted that her BP was 190/100 mm Hg, and sugar levels were highly elevated. It seemed that she was unable to move her left side of the body, her face was drooping and her voice was slurring. The doctors, after initial examination, sent her for a quick urgent CT scan suspecting a stroke. Her son had found her like this lying in her room and had very little knowledge of the medication she was on and whether she had taken her medication in the recent past days!

India, with a population of over 140 crore, has a huge number (approximately 10%) of people 60 years and above and this number is supposed to double by 2050. With ageing comes an increased risk of chronic diseases, particularly diabetes mellitus and hypertension, both of which pose significant public health challenges among the geriatric population.

These two non-communicable diseases often co-exist and are major contributors to morbidity, disability, and mortality among older adults. Around 25%-30% of the Indian elderly are living with diabetes, with higher prevalence in urban areas due to a sedentary lifestyle and diet. Type 2 diabetes is most common in this age group and often goes undiagnosed due to atypical symptoms or

overlapping with ageing-related complaints. Isolated systolic hypertension is particularly common in the elderly, due to increased arterial stiffness with age.

This combination of diabetes and hypertension significantly increases the risk of cardiovascular ailments, renal disease, cognitive impairment, and mortality. Reduced physical activity and muscle mass affect glucose metabolism and blood pressure regulation.

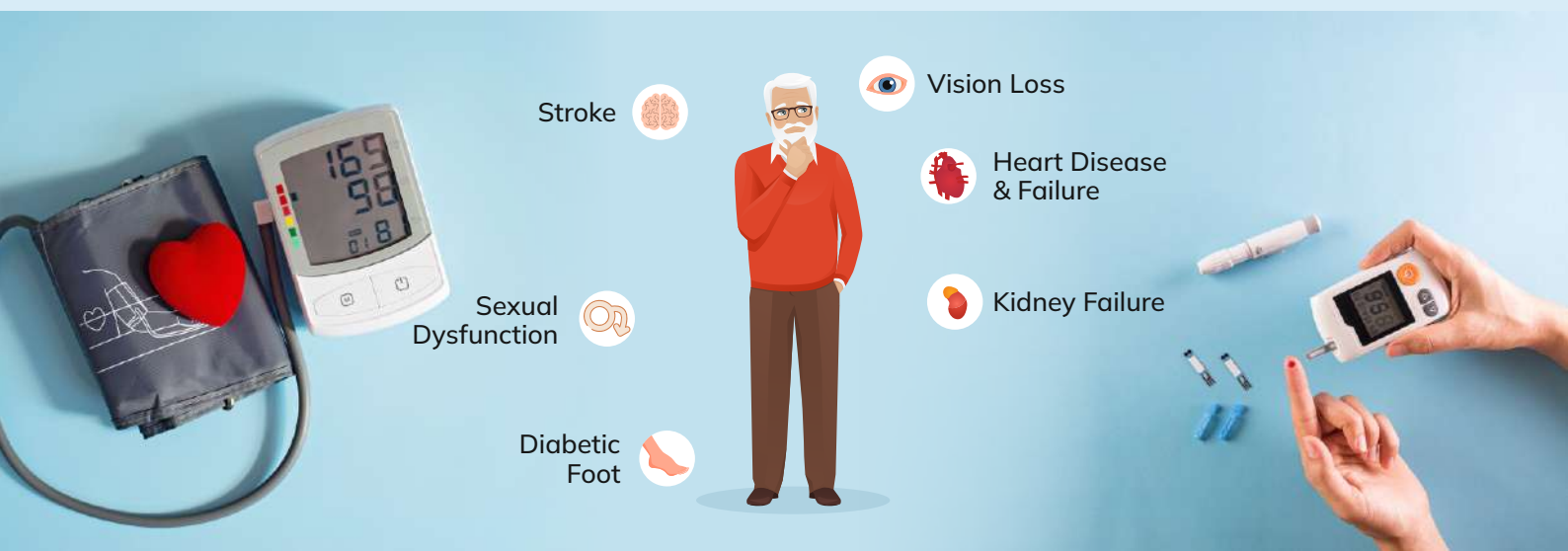
Diabetes alone can cause fatigue, visual disturbances, or recurrent infections, apart from the usual symptoms of polyuria (frequent urination), polydipsia (excessive thirst), polyphagia (increased appetite) while hypertension, often asymptomatic (also called the 'silent killer'), results in headaches, dizziness, or cognitive decline.

Both diabetes and hypertension can cause a lot more complications such as cardiovascular disease (CVD); chronic kidney disease (CKD); stroke; diabetic neuropathy and foot ulcers; cognitive decline and dementia; retinopathy and visual impairment. These complications not only hinder the quality of life of the patients who suffer from them but also their family members.

Both of them are well known to be lifestyle diseases and can be managed easily with lifestyle modifications as primary cornerstone management. What we forget during our prime years of hustling and bustling, is how to prevent diseases by simple management ideas of brisk walks, exercise, eating right and managing a stress-free life.

Apart from the pharmacology management of these diseases, every individual must focus on low salt, high fibre, and low sugar diet as we age because our muscle mass decreases, leading to frailty and weakness to conduct daily activities. A high protein diet in consultation with your primary physician should be focused upon.

It is very important to know the important numbers in managing hypertension and diabetes. While fasting sugars below 100 and post-prandial sugars till 140 mg/dl are normally preached in diabetic association guidelines, a few relaxed post-prandial reading of less than 180 can be considered in frail elderly so as to avoid hypoglycaemia incidents, HbA1c levels though should be around 6.5 to 6.8 but can be relaxed to around 7 also. BP should be monitored every now and then and should be targeted to



be below 140/90 mmhg. Medical management of BP should always be done with a qualified physician.



Healthy Diet



Keep Weight Normal



Avoid Junk Food



Exercise & Keep Fit



Quit Smoking



Regular Check-ups

Regular blood glucose, HbA1c, BP, lipid profile, and kidney function tests are essential. Home BP monitoring and glucometers improve adherence and self-care. Nowadays, wearable devices and AI also help us to track health status. Geriatric assessments (cognition, mobility, nutrition) should be part of routine care.

Mrs. Pushpa (our earlier example) had really suffered from a haemorrhagic stroke that fateful Friday evening; she had been careless with her health in the recent past few months. With no or very minimal support from her family and friends, she had no one to encourage her to go for walks, do routine check-ups and take her regular medication. With uncontrolled sugars and hypertension, many complications had set in and the end result could have been worse!

Diabetes and hypertension are major public health concerns among India's ageing population. While lifestyle, pharmacological, and supportive care approaches are well-known, robust public health infrastructure, elder-friendly health education, affordable medications and diagnostics, active community and family engagement are equally important.



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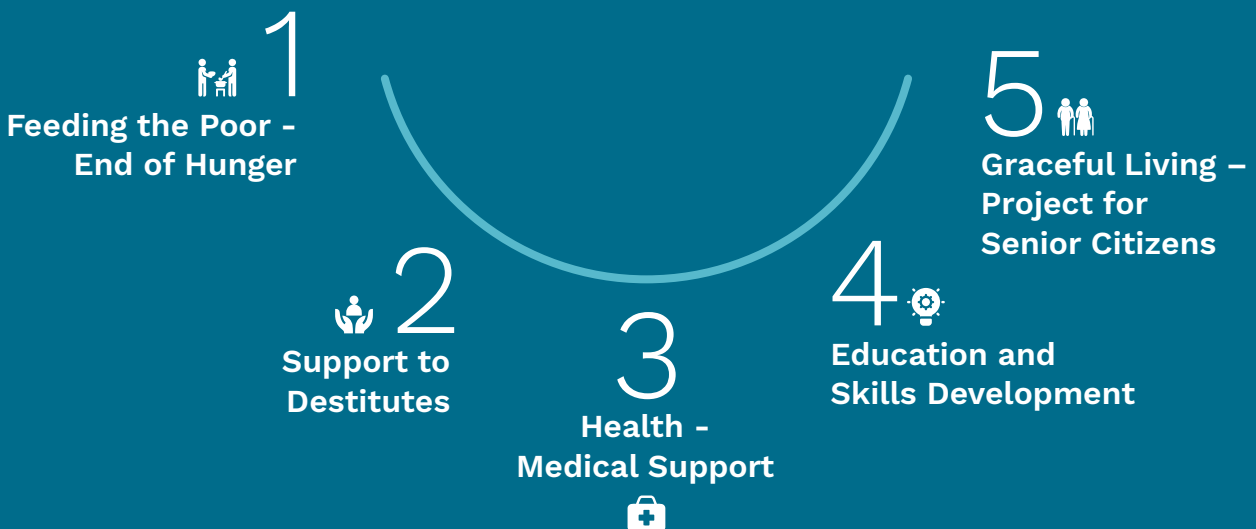
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MAKING LETTING-GO A LESSER ORDEAL

As we grow older, we are often expected to let-go of more and more. And that could be painful as we are attached to that mindset. There is a way we can make it a lesser ordeal

Growing up, I never missed watching the Miss Universe competition aired on television. But there was something about it that intrigued me year after year: the runner-up never lost poise, even though she had the hardest time of all the participants—coming so close to the coveted crown yet having to let-go of it.

I never watched the contest after 2004, which was the year I joined the monastery. The next I heard of it was in 2015. A mess-up in the pageant had made big news that year. The runner-up Ariadna Gutierrez of Colombia, I came to know, had lost her poise after having lost the title. Tearful, her mascara drenched her makeup, she had to be tended to by fellow participants, and the media couldn't stop sympathizing with her for days on end. The reason? Towards the end of the competition, as 10 million watched on live television with bated breaths, Ariadna was mistakenly declared the winner by host Steven Harvey; the crown was placed on her; and two-odd minutes later, as Ariadna was celebrating on stage, Harvey returned and corrected himself: Pia Alonzo Wurtzbach of the Philippines had actually won and Ariadna Gutierrez was the first runner-up. The crown was taken off Ariadna and placed on Pia.

Ariadna, unlike the runners-up of yesteryears, failed to hide her misery beneath an equipoised façade. Letting-go was excruciating to her. But why? Because during that short span, as the crown adorned her head, something had transpired inside of her heart: her desire for the title changed from being a want into a need.

“Wants and Needs” is a topic I love to broach during the seminars I conduct. I begin by asking my audience what their needs are. What are the necessities of their lives? What do they feel is the bare minimum required for their well-being? Among the responses, food, shelter and clothing are usually the frontrunners. Good health and relationships follow slowly behind. Beyond that, hardly anything comes by. As such, it's hard to solicit responses from Indians who tend to be shy in public forums; and on top, their discomfort in expressing their fancier needs to a renounced monk!

My next question vaults their embarrassment to the next level – “What are your wants? Once your list of needs is tended to, what's more on your wish-list?” As expected, blank looks stare me in the face. Then some, the bolder of the lot, sheepishly reveal – a fancy car, a high-end residence, an expensive gadget, and so on.

“Where do the internet and smartphones belong? Do you count them as wants or as needs?” is my next query. The majority are honest. “Needs”, they admit.

“But was that the case a few years ago? Back then, was the internet or the smartphone a necessity?”

“No. They weren't necessities back then. But now they are.”

“They were your wants at one point. But now they have become your needs. Wants transform into needs. The wants of today become the needs of tomorrow,” I conclude. If plentiful wants are still occupying your wish-list, you should be worried. Because once a want evolves—rather devolves—into a need, it gets harder to let go of it, as had happened in Ariadna's story.

An old Indian fable dramatizes the interplay between wants and needs: One crispy morning, a king felt so charitable that he walked up to his faithful sentry stationed at the palace gate and said, “Run from here as far as you can, as fast as you can. From here till where you reach, all that land will be yours. But you need to return to this exact same spot by sunset. Failing which, you lose all that land that you otherwise stand to gain.” Elated, the sentry galloped, but kept in mind that the return sprint had to commence by noon for him to comfortably be back on time.



He covered mile after mile of beautiful landscape, all of which would soon be his! But then, as the clock ticked 12, his greed nudged him to keep running ahead. He succumbed to it, as is the human instinct. Even if he went a little ahead, he reasoned, he could always make up for the lost time by sprinting back faster on the return run.

Little by little he went farther and farther, deceived by his mind. Finally, when he decided to turn back, he was too late and too tired.

Now he needed to run back as much distance as he had wanted to acquire. And if he failed, all his labour would be meaningless.

Life for us poses the same puzzle as for that sentry. Far as we may go, wanting more, at the end of the day we need to return to the same places that bring us happiness – health, love, relationships, family, friendship, and belonging. But the return path will be longer to the extent we go farther. During the onward journey, we may have wanted to cover more distance, but during the return trip, we need to trudge back the same stretch. In other words, those wants that we ourselves pursued have now transformed into needs, which must be dealt with first, before we can tend to our more basic necessities.

Like that sentry, human instinct is to go so far and for so long – wanting more – that returning seems impossible.

Turning to spirituality can go a long way in keeping the mind free from wants.

The *Bhagavad Gita* warns us against unnecessary wants.



A person who is not disturbed by the incessant flow of wants – that enter like rivers into the ocean, which is ever being filled but is always still – can alone achieve peace, and not the person who strives to satisfy such wants. (*Bhagavad Gita* 2.70)

A person who has given up all wants, who lives a want-free life, who has given up all sense of proprietorship and is devoid of egoism – alone can attain real peace. (*Bhagavad Gita* 2.71)



Gopinath Chandra Das

studied at the premier institute of IIT, but instead of becoming a technocrat, he dug into the ancient books of the *Vedas*. A Vedic coach, he helps people improve the quality of their lives, and with his scientific background, he presents the *Vedas* in a methodical way.



With age... your eyes may stop seeing up close, and your ears may miss the distant sounds. You sleep fewer hours, you walk a little slower. But something beautiful begins to happen.

You start loving yourself a little more. You carry fewer regrets. And you begin to chase your own happiness—without apology.

You become selective with your circle. Only the real ones remain. You stop searching for answers you already carry inside, and you no longer need unsolicited advice.

You don't greet those who never greeted you. And you no longer waste energy arguing with people who don't know how to listen.

With the years, you realize: There's only one life—and it's far too precious to live in fear.

So you slow down. You savor the little moments. You embrace your wrinkles. And you stop giving the mirror the power to define your worth.

Because growing older isn't about fading.

It's about finally shining—on your own terms.



Richard Gere

A famous Hollywood star known for his stellar role in 'Pretty Woman'

10

WAYS TO ENJOY SENIOR LIFE



1. Pursue Lifelong Learning

Education doesn't stop at Graduation! Consider signing up for exciting college courses or engaging lectures at your local senior centre. Learning new things helps keep the mind sharp.



6. Travel

If physical health allows, consider taking guided trips or tours for seniors. Travelling introduces new experiences and landscapes into daily life. Embark on road trips, group cruises, or jet away on adapted air travel. Build bucket-list adventures that keep you moving.



2. Get Moving

Regular physical activity is essential for healthy ageing. Take scenic walks, join exercise groups for seniors, or try dance classes. Staying active improves strength, balance, and mental acuity. Adapt activities as needed – walkers or seated classes allow mobility. Moving more boosts energy and mood.



7. Reminisce

This stage of life presents chances to reminisce about past years. Share memories with younger relatives through scrapbooks, recipes, photo albums, journals, or audio recordings. Reflecting on meaningful moments provides a perspective on your life's journey.



3. Volunteer

Giving your time to causes close to your heart is rewarding. Tutor children, deliver meals to the homebound, offer professional advice to nonprofits – options are endless. Volunteering keeps you engaged, lends purpose, and expands social connections. Find ways to use your skills to give back.



8. Continue Working

Many enjoy continuing to work past the traditional retirement age – even part-time or volunteering lends structure and purpose. Dust off dormant career goals or launch encore careers. Mentoring the next generation of your field allows you to impart hard-earned wisdom.



4. Nurture Relationships

Making meaningful connections is essential at every age. Get together regularly with friends and family for outings and activities. Share stories over coffee or solving puzzles. Schedule virtual visits or invite loved ones at home if mobility is limited. Loneliness can impact health – therefore nurture your relationships.



9. Focus on Health

Make health a priority by eating nutritious foods, exercising, visiting doctors regularly, and taking medications as prescribed. Seek treatment for any concerning symptoms promptly. Sound physical and mental health enables you to stay active. Make needed home modifications and use assistive devices for safety.



5. Explore New Hobbies

It's always possible to pick up a new hobby! Seniors like learning photography, painting, scrapbooking, gardening, and other hobbies. Learn to play an instrument, master woodworking, or practise a new language. Setting creative goals energizes your days. Join clubs to pursue interests with like-minded peers.



10. Appreciate Each Day

Find joy in ordinary moments – laughing with neighbours, strolling through the park, listening to music. When limitations arise, focus on what you can do rather than what you cannot do. Share positive memories and stories from your generation's history. Savouring small daily pleasures creates contentment.

Courtesy: Internet - Applewood Our House

HYPERTENSION

WHAT IT IS AND WHAT ARE ITS DANGERS

Hypertension is one of the most dangerous onsets for many diseases, topping them all is High Blood Pressure with dire consequences



The human body is alive because the heart pumps blood to every organ and provides oxygen and nutrition and helps remove toxic substances via various organs including kidneys, liver and lungs. With each heartbeat, the heart squeezes a column of blood into the arteries. The resistance to the flow of blood produces a pressure in the column of blood called the blood pressure (BP). The blood pressure is measured by an instrument called the “Sphygmomanometer”. The normal BP varies between 90/60 and 140/90.

With each beat of the heart, the higher pressure reading called “systolic” is generated and as the heart relaxes, the pressure in the arteries falls and this is called “diastolic”. The rate at which the heart beats is the heart rate. The normal heart rate ranges between 60 and 90 per minute. When blood pressure goes above these normal values, the patient is said to have “Hypertension” and when it goes below normal values, it is called “Hypotension”.

The blood pressure of the patient is one important sign that a doctor examines. It is one of the vital signs similar to the body temperature, heart rate (HR), respiratory rate (RR). If these vital signs are disturbed from the normal, the life of the patient may be threatened.

The Blood Pressure increases incrementally after age 30 and hypertension occurs in about 60% to 70% of all human beings. Only 15% of senior citizens after the age of 65 have normal blood pressure. The measurement of blood pressure was done originally by the Mercury manometer called the “Sphygmomanometer”. This instrument is now replaced by an automatic oscillometric blood pressure electronic instrument which does not use Mercury. The blood pressure value obtained in the doctor's clinic is a one-time reading. It is recommended to keep the blood pressure within normal range.

When blood pressure becomes high, there is hypertension. It causes increased force on the arteries of the brain, eyes, coronary system and heart muscles, kidneys and blood vessels of the legs. It reduces the blood flow to these organs. The damage is mostly noticeable when the blood supply demand of these organs increases. During these periods, the blood can block the arteries causing stroke, brain haemorrhage, angina, heart failure, kidney failure, partial or complete blindness in one or both eyes and

painful attempts to walk called “claudication”. Such dangerous malfunctions can be re-addressed. Failure to recover completely causes permanent loss of function to these organs. These are very serious life-threatening consequences and can leave the patient crippled with hemiplegia, loss of speech, heart failure, angina, myocardial infarction, cardiac arrest, etc.

Causes of Hypertension

In 95% of people, high blood pressure is due to the ageing process and atherosclerosis. In the remaining 5%, it may be due to:

✓
Diabetes and obesity

✓
Genetic inheritance

✓
Emotional distress

✓
Kidney disease

✓
Excess hormone production from adrenal glands and pituitary glands

✓
Pregnancy-induced body changes

✓
Estrogen deficiency after menopause

✓
Hereditary and familial diseases

In 95% of patients, excess salt intake worsens the high blood pressure, whatever be the cause. Therefore, every patient of hypertension should reduce salt intake to 4 to 6 grams per day. The average Indian diet contains 10 to 20 grams of salt per day. The Europeans eat 8 to 10 grams and the Japanese eat 6 to 7 grams. Average male life expectancy of India is 68 years, Europeans 75 years and Japanese 85 years. Strict salt restriction will reduce the blood pressure but it may not be the only treatment enough to bring it down to normal. Once blood pressure rises, it

may become perpetual and permanent if not treated. The patient therefore, usually, requires lifelong treatment.

There are different types of drugs and most patients will need at least two medicines every day to reach the normal target of 135/85 mmHg when using the oscillometric electronic method of measurement. The best way to control the blood pressure is to not only check blood pressure while visiting a doctor but also by self-checking and charting pressure at home at least twice in a week, once before sleeping and once after getting up and reporting the readings to the doctor.

Doctors must ask for a record of the measured home blood pressure. Many nervous patients will demonstrate high blood pressure in the doctor's office but will have normal pressure at home. This is called "White Coat Effect". There are a few who have normal pressure in the doctor's office but have high blood pressure outside the doctor's office. This is called "reverse white coat" or "Masked Hypertension". These patients are at high risk of ailments such as stroke, heart attack and incremental kidney failure called CKD. If the "Masked Hypertension" is only in the daytime, the home blood pressure chart maintained by the patient will give a very good idea of this type of masked hypertension. Such patients will then get drugs to prevent the damage to organs. However, some patients have masked hypertension only in sleep. This can be due to obstructive sleep apnea and kidney disease. Such patients often get dangerous organ attacks during sleep because of rise of blood pressure. These occur mostly between 5 am and 7 am. They usually manifest as stroke or heart attack or heart failure or sudden cardiac death.

To prevent such situations, it is necessary to record blood pressure by measuring it several times in 24 hours (with a machine attached to the patient). It looks like a Walkman and records the blood pressure readings electronically while the patient goes about his usual life for one full day. We attach a machine called ABPM (Ambulatory Blood Pressure Measurement). In case this machine reveals "Masked Hypertension" or "Early Morning Spikes", the patient's drug prescription should be reviewed and such

patients will benefit by taking a tablet for blood pressure just before they sleep as well as other measures. Research and data have clearly demonstrated the beneficial effects of early detection of hypertension and lifelong management by drugs.

There is also a very important and major role for diet and lifestyle modification including weight reduction, salt reduction to 4 to 6 grams a day, alcohol, tobacco and cigarette abstinence, yoga and exercise. Many of the medications prescribed by doctors such as arthritis medications, pain killers, nasal decongestants, drugs used in cancer therapy, increase blood pressure. These drugs should be withdrawn if possible. However, there are drugs vital for the patient's care and therefore the hypertension will have to be treated even while they are being used.

In summary, reducing the average blood pressure during the day and the night, it is possible to reduce the mortality and morbidity of hypertension by reducing the risk of organ damage. Repeated measurement of your own blood pressure at home is superior to the occasional check-up by your doctor. This can result in giving you many disease-free years and increase your life expectancy. The help of specialized doctors such as hypertension specialists or a Cardiologist or a Nephrologist together with appropriate recommendations by a specialized dietician is needed when blood pressure does not come under control in spite of treatment.

Mind your Blood pressure !



Dr. Ashok L. Kirpalani
MBBS, MD, MNAMS



Dr. Dilip A. Kirpalani
MBBS, MCPS, MD

(Both are renowned nephrologists and consultants)



DID YOUR DAD JUST FORGET OR IS IT A SIGN OF SOMETHING MORE SERIOUS?

Older people often worry about 'senior moments' but while that is a normal part of ageing, it can sometimes point to cognitive impairment. Here is how to tell the difference



Forgot your keys in the car? Can't remember the name of your favourite niece? Missed a scheduled lunch date with a longtime friend? Before you start panicking that this brain fog would eventually go down the dreaded dementia road, take a deep breath. Forgetfulness is perhaps the most natural part of ageing, and doctors say not all memory loss ends up as dementia.

According to the Alzheimer Society of Canada, almost 40% of us will experience some form of memory loss after we turn 65. "But chances are still unlikely that we have dementia. For the most part, our memory loss is mild enough to live our daily lives without interruption", it says.

The World Health Organization says only 5–8% of people aged 60 and above will live with dementia. However, incidence increases with age — about 5% of those aged 71 to 79 have dementia, and about 37% of those around 90 live with it.

But how do you know if it's just age catching up with you or a deeper neurological malaise? If forgetfulness disrupts daily routine, comes in the way of finishing familiar tasks, and makes loved ones sit up and take notice, those are warning signs. With age, there's a natural decline in attention span, multitasking ability, and recall of information stored in the brain. "This decline does not compromise autonomy," says Dr. Anu Gupta, associate professor of neurology at the All India Institute of Medical Sciences (AIIMS), New Delhi.

But in dementia, this impairment is more pronounced than what is expected for one's age and education, and it begins to affect a person's functionality. For instance, forgetting why you came into a room is normal — but if the room itself feels unfamiliar, then that could be a sign. Dementia, she says, can be due to many causes, but the most common in India are Alzheimer's disease and vascular disease of the brain. "Hence, physicians take

note of a patient's history, carry out cognitive tests, compare results to age- and education-based norms, look at functionality, and only then make a clinical diagnosis of dementia," she adds.

Multitasking Hurts Memory

Charan Ranganath, psychology professor at the University of California, Davis, says the biggest reason for forgetfulness in our everyday life is multitasking. "We're checking our phones, being distracted by noises on the street... these really degrade our capability to remember. And when under stress, we often have trouble forming new memories", he told the *South China Morning Post*.

Personality Change a Sign

But dementia is a completely different ball game, changing one's personality in unexpected ways. Dr. Gupta recalls a case where a 52-year-old man was brought to her by his family after a significant decline in health and demeanour. The patient was a psychology graduate who used to work at a university, run a social organization, and even manage a grocery shop part-time. But after a business debacle five or six years ago, he stopped doing all of that. He gradually lost interest in his favorite hobbies and avoided relatives at family functions by pretending to have a headache.

Initially, his family thought this was due to stress and loss in business, till he started losing words. He would keep asking what he was supposed to do, despite repeated answers. Within a year or two, he completely lost his memory, speech, and understanding. "Families don't even realize the memory loss is serious," she adds. Dr. Gupta says she has seen similar cases where family members have attributed forgetfulness and behavioral changes to ageing, stress, and retirement, failing to recognize it could be the onset of dementia until it's too late."

Blood Tests May Be The Future

What makes it even more tricky is that there is no single test to diagnose people living with dementia. "We mostly diagnose patients on the basis of clinical examinations. If their forgetfulness progresses and impairs daily activities, and the person is found negative for other common treatable causes such as vitamin B12 deficiency and thyroid dysfunction, we consider them for dementia," says Dr. Kaineshwar Prasad, head of neurology at Fortis Hospital, Vasant Kunj, New Delhi.

In the case of Alzheimer's disease, there's high deposition of a protein called amyloid in the brain, he says, adding, "Developed countries like the US and UK can use PET scans to detect the protein. But currently, this test is not available in India as it requires high-tech labs. Some blood-based biomarkers have also been identified to diagnose Alzheimer's, but they are still at the early developmental stage."



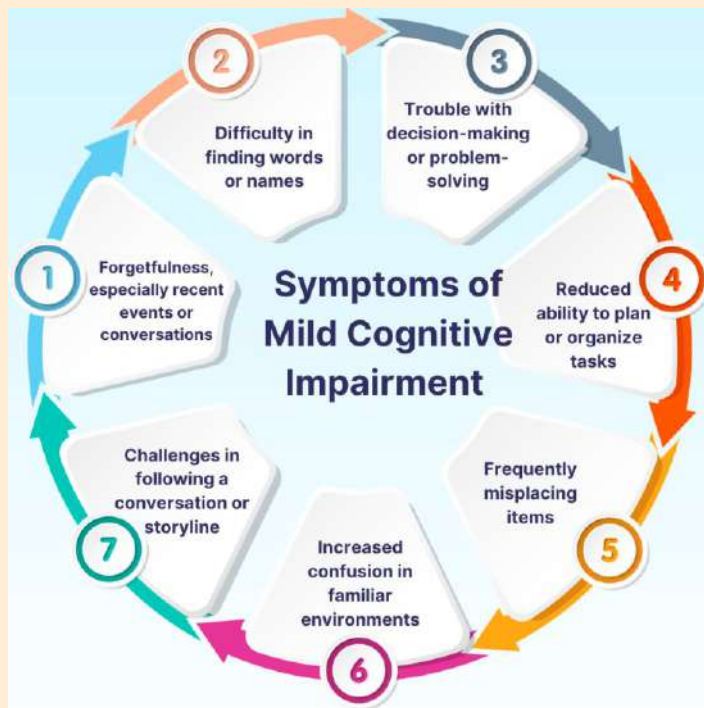
According to sources, AIIMS Delhi is planning a project to validate the benefits of such a test.

Between natural ageing and dementia, there's another stage known as Mild Cognitive Impairment (MCI), says Dr. Gupta. "At this stage, the person is able to function independently but needs effort. All patients with MCI do not progress to dementia," she adds.

Treatment Options

Despite evidence to classify different types of dementia, there's a huge gap in treatment options, says Dr. Shainsher Dwivedee, a senior neurologist at Max Healthcare. "We have therapeutic agents to slow down the progression of Alzheimer's — the most common cause of dementia — if diagnosed early.

"We advise lifestyle changes and cognitive behavioural therapy, also referred to as brain exercise, to manage the condition. It's labour-intensive and expensive, since there are very few trained cognitive behavioural therapists available in the country," he adds.



What Can We Do to Prevent It?

The bane for dementia is advancing age, which we cannot change. But studies have shown other risk factors that could be eliminated to reduce half of the dementia cases worldwide. The Lancet Commission recommends providing kids with quality education and being cognitively active in midlife, reducing harmful noise exposure, treating high LDL (bad cholesterol) and depression, improving social connectedness, and smoking bans, among others.

According to Gill Livingston, professor at University College London and lead author of the Lancet Commission, a healthy lifestyle with regular exercise, not smoking, and avoiding excess alcohol can not only lower dementia risk but may also push back dementia onset. "So, if people do develop dementia, they are likely to live fewer years with it. This has huge quality-of-life implications for individuals as well as cost-saving benefits for societies," he says.

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Courtesy: The Times of India, Mumbai,

April 16, 2025



BRILLIANT MINDS AT EVERY AGE

HOW MODERN SCIENCE SHOWS YOUR BRAIN CAN STILL FLOURISH

The exciting truth? Your brain remains remarkably capable of growth and improvement well into your golden years. From bustling research centres worldwide to quiet village homes in India, scientists are discovering that ageing minds can become sharper, not duller



As India's elderly population prepares to double by 2050, groundbreaking research from around the globe brings hope and practical wisdom to millions of seniors. The days of accepting cognitive decline as inevitable are over – science now shows us that with the right approach, our brains can thrive at any age.

The Breathing Path to Brain Health

From the laboratories of the University of Southern California comes another remarkable finding about something as simple as breathing. Researchers studying adults aged 65-80 discovered that slow-paced breathing exercises performed to a metronome significantly reduced anxiety, depression, and even harmful brain proteins associated with Alzheimer's disease.

This ancient practice, long valued in Indian traditions, is now scientifically proven to flip your nervous system from stress to relaxation mode. The study participants who practised deep, rhythmic breathing showed measurable improvements in heart rate variability – a sign of a healthier, more resilient nervous system.



The Caregiving Surprise: When Helping Others Helps Your Mind

One of the most fascinating discoveries comes from researchers studying family caregivers – those devoted souls who care for ageing relatives or spouses. In a remarkable study involving 916 older women, scientists found something unexpected: those who provided continuous care to family members performed significantly better on memory tests than non-caregivers.

The caregivers recalled an average of 2.6 more words during memory tests, performing at levels equivalent to someone 10 years younger. This finding challenges everything we thought we knew about the stress of caregiving. Instead of draining the mind, the mental demands of caring – managing medications, coordinating appointments, and handling complex daily tasks – actually exercise the brain like a muscle.

The research team discovered that caregiving requires constant mental juggling: "You're processing information, solving problems, adapting to changing situations. It's like cross-training for your brain". The cognitive complexity of caregiving appears to build what researchers call "cognitive reserve" – your brain's ability to maintain function despite ageing.

Technology: Friend, Not Foe of the Ageing Brain

Contrary to fears about “digital dementia”, a massive study of over 411,000 adults aged 50 and older revealed that technology use actually protects against cognitive decline. Seniors who regularly used computers, smartphones, and the internet showed lower rates of dementia and better overall brain function.

The protective effect was as strong as traditional brain-boosting activities like physical exercise and education. Researchers suggest that learning to use technology creates what they call “technological reserve” – new neural pathways that help the brain resist age-related damage.

Indian Wisdom Meets Modern Science

India's ancient traditions are finding powerful validation in modern research. A study on Hatha Yoga practitioners aged 60 and above showed that those who had practised yoga for at least two years demonstrated significantly better cognitive performance than their non-practising peers.

The yoga practitioners excelled in executive functions and reaction time – the very abilities that typically decline with age. Their performance suggested their brains were functioning like those of people several years younger.

Similarly, research on meditation confirms what Indian sages have taught for millennia. Meditation interventions in older adults consistently improve attention, memory, executive function, and processing speed. A study of Kirtan Kriya – a simple 12-minute yogic meditation – showed improvements in mental health, cognitive function, and even telomerase activity (linked to cellular ageing).

The Social Connection Revolution

Perhaps most importantly for our community-oriented Indian culture, research consistently shows that social engagement is one of the most powerful protectors of brain health. A comprehensive study across Eastern Europe found that older adults with larger social networks and greater social activity participation maintained better cognitive function over time.

The research shows that social activities require complex mental processing – listening, responding, adapting to changing conversations – that keeps multiple brain regions active and healthy. This validates the Indian tradition of joint families and community gatherings as natural brain health practices.



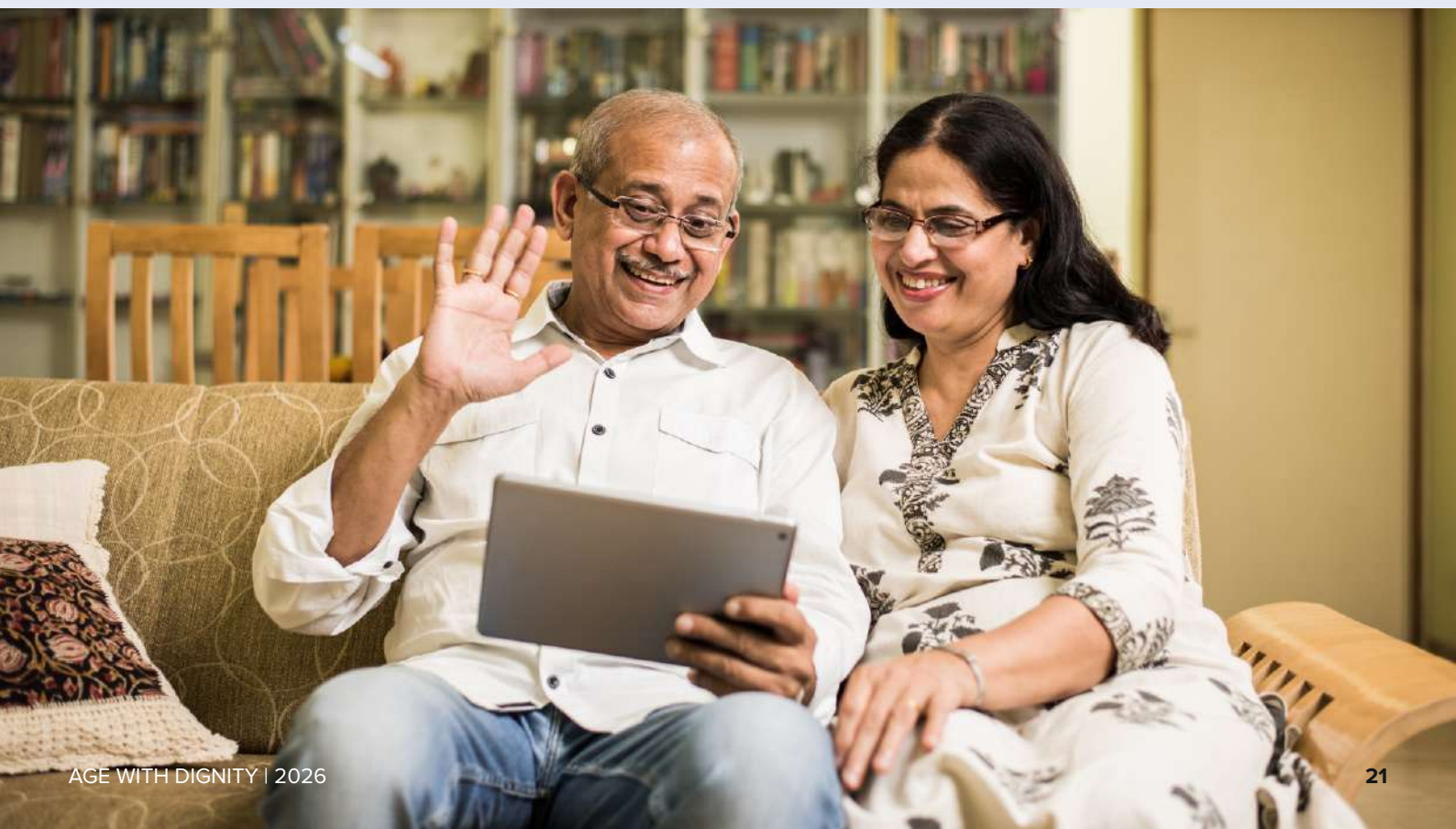
Research consistently shows that social engagement is one of the most powerful protectors of brain health.



The Lifestyle Medicine Breakthrough

The most encouraging news comes from the recent U.S. POINTER study, which followed 2,111 adults aged 60-79 for two years. Participants who followed a structured program of physical activity, brain-healthy diet, cognitive training, and social engagement showed cognitive improvements equivalent to being 1-2 years younger.

Even those who made modest lifestyle changes without intensive coaching showed brain benefits, proving that it's never too late to start caring for your cognitive health.

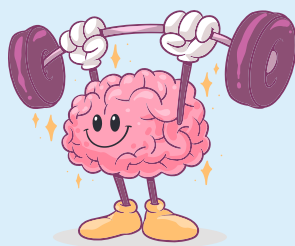


Your Daily Brain-Boosting Action Plan

Based on this wealth of research, here are practical steps you can incorporate into your daily routine:

Morning Mind Activation

- ✓ Begin each day with 10 minutes of deep, rhythmic breathing
- ✓ Practise simple yoga poses
- ✓ Solve one crossword puzzle or Sudoku with your morning tea



Stay Mentally Active

- ✓ Learn something new each month – perhaps a smartphone app or a traditional recipe
- ✓ Read newspapers and discuss current events with family
- ✓ Play card games or board games with grandchildren

The message from science is clear: your brain's potential doesn't expire with age. Every day offers new opportunities to strengthen your mind, deepen your connections, and embrace the wisdom of both ancient traditions and modern discoveries. Your brilliant mind has many more chapters to write.

Move Your Body, Move Your Mind

- ✓ Take a 30-minute walk daily, preferably with a friend or family member
- ✓ Try gentle yoga or tai chi movements
- ✓ Dance to your favorite old songs – it combines physical activity with memory recall

Connect and Care

- ✓ Maintain regular contact with friends and family
- ✓ Consider volunteering in your community
- ✓ If you're caring for a family member, remember – it's beneficial for your brain too!

Embrace Technology Gradually

- ✓ Learn to use one new feature on your phone each week
- ✓ Try video calling distant relatives
- ✓ Explore online resources for hobbies or spiritual practices

Remember: Always consult healthcare providers before making significant changes to your diet, exercise routine, or if you have health concerns.



Amrita Patil Pimpale

Founder - Echoing Healthy Ageing
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ADVT



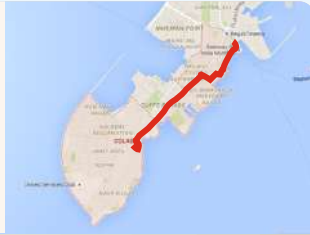
Best
wishes
to
Graceful
Living

“THE SUN NEVER SETS ON THE GOLDEN EMPIRE!”

📅 2 June '25

🕒 6:45 AM

📍 GATEWAY OF INDIA
COLABA, MUMBAI



MISSION
WALK WELL, LIVE LOVINGLY,
LAUGH LOUDLY!!!

MY EARLY MORNING WALKS...
SORRY, WRONG WORD... 'SPRINTS'...
NO, NO, LEAPS WITH HAPPY SINGHJI CONTINUE

More joggers join us in our Marathon only to wish Happy Singhji a "Happy Glorious 90".

Me: *Uncle, how does it feel being 90?*

Uncle: Oh beta, still have a lot to achieve! 10 more to go! Then that's what I'll call an achievement!

Me: *Oh uncle, kahan se laatey ho aap itna drive, itna motivation?*

Uncle: It's easy, not at all rocket science.

Life begins at 60! (no job, yes pension)

It's heavenly at 70! (Aches and pains begin, so you wonder if heaven beckons)

It's engaging at 80! (You're engaged with diapers, wheelchairs and constant companion, your stick)

It's naughty at 90! (You forget everything, so a golden era begins).

How many of us get to glorify this period? It's the golden age! No more nagging from parents or spouse (Shhh! All are resting in peace) . No more answering to our HOD (retired life, you see). Children reproach but I hardly remember (Good! Good for me!) Beer mug friends meet, chat, laugh and then we wait for our escorts... our caretakers, boy or maid, coz

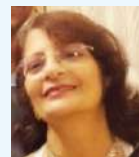
we've forgotten our way home! How lovely! Home is where the heart is! It's here, it's now THIS VERY MOMENT! So just enjoy it.

Me: *Oh yes, uncle...this moment, this NOW is all we definitely have!*

Uncle: Just be happy, healthy and healed. Bask in the glory of good days to come...Life can only get better! If on earth, Old age is a Golden era. It'll never leave you, so accept it, embrace it and move on! If in heaven, you're with your creator! Great, huh! What better life can one have, any which way?

So Breathe, Love, Live and Pray...
And don't worry about this day!

Happy Birthday, Happy Singhji, you never fail to inspire me. Live, Love, Laugh... a sure way to Eternal Light.



Roxanne Desai

Qualified Aesthetician
Specialising in Skin Care



BEST
WISHES

to
Graceful
Living

IT'S NEVER TOO LATE



Restart life: honour it by building something new. The body may slow down. The mind can remain active. The heart can stay kind. The soul can stay curious

A common myth society holds is that life starts to slow down after 60. That the latter years are meant for quiet withdrawal, limited action, and fading relevance. But what if this idea is flawed? What if these years, often called the “golden years”, can actually be a time of rediscovery, purpose, and meaningful contribution?

Ageing doesn't have to mean stopping, it can mean (re)starting. A fresh chapter. A new rhythm of life. A different kind of success, not defined by money, career, or competition, but by peace, engagement, connection, and inner joy.

Why Restarting Matters, Especially After 60

Small Restarts Are Often the Biggest Ones

I've met people who:

- Began learning music at 65 when they finally had time.
- Taught maths to school children twice a week.
- Started walking groups, that created friendships.
- Opened a WhatsApp group and shared poems.

None of them wanted fame. They just wanted to feel alive. And here's the truth no one tells us: When elders engage in meaningful activities, they don't just survive, they glow. Their eyes light up. Their voices regain excitement. Their posture changes.

As we grow older, many changes enter our lives. Retirement, health issues, loss of a spouse, reduced social interaction, or even children moving abroad, all of these create emotional gaps. If not addressed, they can lead to isolation, depression, and a feeling of uselessness.

But elders have so much to offer: wisdom, experience, compassion, and resilience. Restarting life after 60 doesn't mean starting from scratch. It means beginning again with the tools life has already given you. A meaningful life at this stage is not about earning money or building empires, it's about engaging in activities that bring joy, peace, and purpose.

What Holds Elders Back? Common Barriers To Restarting

Let's not pretend restarting is always easy. Losing a partner changes our entire world. Retirement makes us feel irrelevant. Health issues can frustrate us. And yes,

loneliness hurts in ways that words cannot always express. But even within all this, there is still life inside us. Maybe it's a quiet desire to teach. We just have to take one small step. We Are Not Alone.

In one of the community sessions we held, I remember an 81-year-old man, Mr. Shastri who said, “After my wife passed away, the walls of my house started talking back. I couldn't stay home anymore”. Now, he volunteers three times a week at a nearby orphanage.

Many elders hesitate to re-engage because of real or perceived limitations:

- **Health concerns:** I'm too old to start anew.
- **Social conditioning:** What will people say if I join a dance class at this age?
- **Grief or loss:** Loss of a life partner or friends.
- **Technology gap:** Everything is online. Can't keep up.
- **Lack of encouragement:** Society often sidelines seniors instead of celebrating their potential.

These are real challenges, but not impossible ones. The first step is to change the inner narrative. Age is not a barrier, **it is a qualification.**

Small Daily Acts That Make A Big Difference

Restarting doesn't always require big decisions. Even these small practices help:

- Begin your day with a gratitude list.
- Make a cup of tea ritual for yourself.
- Call one friend each day.
- Maintain a journal.
- Start a small garden.
- Listen to music you loved in your earlier years.

These moments build a rhythm of positivity.

Here are some ways elders can re-engage:

Volunteering: Offer your time to a cause. Help children read. Teach English. Guide the youth. NGOs / social groups always need mentors.

Creative Expression: Explore art, music, writing, or drama. Many senior citizens are writing books, painting, or learning an instrument after 65.

Spiritual and Mindful Living: Join a satsang group, attend mindfulness sessions, start meditating.

Fitness and Wellness: Start walking regularly. Join a yoga class. Explore laughter clubs.

Learning and Teaching: Many elders are enrolling in online courses, start teaching various subjects which you are familiar with, languages, cooking, financial basics.

Community Engagement: Join a local group, senior citizens' club, housing society initiative, or hobby circle.

Professional Part-Time Roles: If health permits, consider part-time consulting or mentoring roles.

Your experience is your asset.



Shrinivas Sawant

Chief Operating Officer (COO)
Tulsi Trust.

SENIOR CITIZENS: SUPPORT SYSTEM

In pursuance to an earlier article in our June 2025 Newsletter, 'Rights and Concerns of Senior Citizens', we now look into the policies which offer 'genuine' services to the elderly

In India, senior citizens can access all types of help and support from the government, NGOs, private organizations, and community initiatives. Here's a comprehensive overview of the available resources:

GOVERNMENT SUPPORT

1. National Policy on Older Persons (1999)

- Ensures food, shelter, healthcare, and protection.
- Promotes active and productive ageing.

2. Maintenance and Welfare of Parents and Senior Citizens Act (2007)

- Legal obligation for children/relatives to care for senior citizens.
- Allows elderly to claim maintenance from their children through tribunals.

3. Indira Gandhi National Old Age Pension Scheme (IGNOAPS)

- Monthly pension to BPL (Below Poverty Line) seniors aged 60+.
- Amount: ₹200 (60–79 years), ₹500 (80+ years) – varies state-wise.

4. Senior Citizens' Savings Scheme (SCSS)

- Government-backed savings scheme with attractive interest rates.
- Safe investment option for those aged 60+.

5. Airline Concessions

- Airlines like Air India offer discounts to senior citizens. Use platforms like ixigo.com for best savings.

6. Healthcare Initiatives

- NPHCE (National Programme for Health Care of the Elderly): Specialized geriatric care in public hospitals.
- Free or subsidized healthcare services in many government facilities.

HELPLINE & ONLINE PORTALS

1. Elder Line (14567)

- National toll-free helpline for senior citizens.
- Assistance with abuse, legal help, caregiving, and more.

2. Senior Citizens Portal by Ministry of Social Justice

- Website: <https://socialjustice.gov.in>
- Information on rights, schemes, NGOs, and grievance redressal.

NGOS AND PRIVATE ORGANIZATIONS

1. HelpAge India

Services: Healthcare, helpline, mobile medical vans, elder abuse support.

Helpline: 1800-180-1253

Website: <https://www.helpageindia.org>

2. Dignity Foundation

- Provides companionship, dementia care, and support groups.
- Activities: Social engagement, legal support, counselling.
- Website: <https://www.dignityfoundation.com>

3. Graceful Living

- Provides companionship
- Technology Training (online&offline)
- Knowledge-based sessions on ageing
- Physiotherapy
- Support Group Meetings on ageing issues
- Website: www.gracefulliving.co.in

OLD AGE HOMES & ASSISTED LIVING

- Government and private old age homes are available across India.
- Some provide free services for the destitute, while others charge for better facilities.

HELPLINES & EMERGENCY SUPPORT

National Helpline for Senior Citizens (NHSC): Dial 14567 to get information, legal guidance, pension details, emotional support, or referrals.

Helpline 1298: A city-wide number for legal, financial, medical guidance or NGO referrals. It also provides counselling and, if needed, connects callers to senior-specific services.

Emergency Services:

- Call 108 for ambulance/medical emergencies.
- 112 is the general national emergency number (police, fire, ambulance)

LOCAL ORGANIZATIONS & NGO INITIATIVES

Silver Innings Foundation:

Operates a referral helpline that connects elders to dementia care, healthcare, day-care, and legal assistance. Also runs assisted-living homes near Mumbai for dementia patients.

Janseva Foundation (Maharashtra):

Runs old-age homes and day-care centres in Mumbai, offering free or subsidized elder care, companionship activities and medical facilities.

BeingWithYou Help Foundation (Mumbai branch):

Offers volunteer companionship, non-medical assistance, hospital accompaniment, emotional support and sociability for seniors at home or in hospitals.

AASRA and Vandrevala Foundation:

Provide 24/7 mental health and emotional support via telephone counseling—helpful for seniors dealing with loneliness or psychological distress.

SEAL Ashram (Panvel):

Located near Mumbai, this NGO supports destitute elderly with shelter, medical care, rehabilitation, food, and legal aid.

LEGAL AND SAFETY SERVICES

- Free legal aid through District Legal Services Authority (DLSA).
- Local police initiatives like "Elder Safety Programs" in major cities.

COMMUNITY & GOVERNMENT SUPPORT

Police Safety Outreach:

Mumbai Police coordinate visits to elderly homes, host senior-specific gatherings, and help ensure home safety with security checks and guidance—in partnership with NGOs like Dignity Foundation and AGNI Citizen Matters.

ADDITIONAL SERVICES & ON-GROUND HELP

Medical Emergencies & Low-cost Mental Health Care:

Public hospitals such as Nair Hospital (Mumbai) and Regional Mental Hospital (Thane) offer affordable psychiatric and medical services. Additional emotional support is available via AASRA or iCall.

Home Care & Daily Support:

Community suggestions include caregiver services like Ayushya Healthcare (about ₹800/day for 12-hour shifts) and social companionship programs such as Goodfellows, which focus on emotional engagement for elders.

SUGGESTED STEPS

1. Save helpline numbers: 14567, 1298, 108, 112—all available 24x7.
2. Contact organizations like Silver Innings or Janseva Foundation if your parent needs day-care or specialized elder care.
3. For in-home caregiver support, consider services such as Ayushya Healthcare or community voluntary programs.
4. If housing society or community associations offer senior meet-ups, ask your local police station for referrals.

ASSISTED LIVING & OLD AGE HOMES

Typical costs in Mumbai ranges:

Basic: ₹10,000–₹20,000/month

Mid-range with medical care:

₹25,000–₹50,000/month

Premium/luxury: ₹50,000+ per month

HOME CARE, CAREGIVERS & REHABILITATION

Shree Swami Samarth Patients Seva provides trained caregivers for in-home needs – mobility assistance, dementia & chronic condition care, background-verified service staff.

HealthOK Global / Care24 offers home healthcare, day care, physical therapy, nutritional counselling and elder rehabilitation services across Mumbai.

COMMUNITY SUPPORT & MENTAL HEALTH SERVICES

Goodfellows (Mumbai-based) offers companionship programs and social engagement for seniors living alone — helps curb loneliness and isolation. They are active in South Mumbai.

AASRA and Vandrevala Foundation offer 24-hour helpline access for seniors experiencing emotional distress or loneliness, through phone and WhatsApp support.

Free or low-cost psychiatric help is available via **Nair Hospital (Mumbai) and Regional Mental Hospital in Thane**, as well as **iCall (TISS initiative)** for counselling by phone/email.



Paromita Basu

Company Secretary and Compliance Officer at Enfuse Solutions Limited



YOGA ENHANCING HEALTH, FLEXIBILITY AND WELL-BEING

Yoga, an ancient practice that combines physical postures, breath control, meditation, and mindfulness has proved to be highly beneficial for good health. It offers numerous advantages for the elderly



As the global population ages, the focus on promoting health and well-being among the elderly has become more critical than ever. For older adults, maintaining physical and mental health is crucial to leading a fulfilling life.

Improved Flexibility and Mobility

One of the most noticeable benefits of yoga for seniors is improved flexibility. As people age, joints become stiffer, and the body loses some of its natural elasticity. Yoga incorporates gentle stretches and poses that enhance flexibility, helping seniors move more freely. Regular practice can reduce muscle tension and improve joint mobility, which is essential for maintaining independence in daily activities.

Increased Strength and Balance

Strength and balance often decline with age, leading to a higher risk of falls and injuries. Yoga helps improve muscle strength, especially in the legs and upper body. Poses like Tree Pose (Vrksasana) or Warrior I (Virabhadrasana I) focus on building strength and balance, which are key to preventing falls, in walking and climbing stairs.

Enhanced Mental Clarity and Focus

Yoga isn't just a physical practice—it's also a mental one. Through meditation and mindfulness techniques, yoga helps clear the mind, reduce stress, and improve focus. This mental clarity can help elderly individuals cope with anxiety, depression, and cognitive decline. Mindfulness and breathwork techniques used in yoga (such as Pranayama) can also enhance memory and mental alertness.

Better Cardiovascular Health

Yoga has been shown to improve circulation and lower blood pressure, both of which are crucial for heart health.

Slow, controlled breathing and gentle postures can activate the parasympathetic nervous system, which helps lower stress and relax the body. By promoting better blood flow and reducing stress, yoga can help prevent heart disease and improve overall cardiovascular function.

Pain Relief

Chronic pain, especially in the back, joints, and neck, is common among older adults. Yoga offers a natural way to alleviate pain through its gentle movements and deep stretching. The practice of yoga encourages the release of endorphins, the body's natural painkillers, while also helping to improve posture, which can relieve pressure on the spine and joints. For those with arthritis or other chronic conditions, specific yoga poses can help reduce inflammation and improve joint function.

Improved Sleep

Many older adults struggle with sleep disorders, including insomnia and poor sleep quality. Yoga has been shown to promote better sleep by relaxing the body and mind. Techniques such as deep breathing, restorative poses, and meditation before bed can help calm the nervous system, making it easier to fall asleep and stay asleep. Better sleep improves overall health and enhances energy levels throughout the day.

Social Engagement and Emotional Well-Being

Participating in group yoga classes can provide a sense of community and social interaction for elderly individuals. This is particularly important for seniors who may experience loneliness or isolation. Social engagement, combined with the positive effects of yoga, can improve emotional well-being, reduce stress, and increase feelings of happiness and connection.



TYPES OF YOGA FOR THE ELDERLY

Chair Yoga

For the elderly with limited mobility or those who cannot sit on the floor, chair yoga offers a modified approach. Chair yoga involves performing gentle yoga poses while seated or using the chair for support. This makes it accessible to seniors with arthritis, balancing issues, or other physical limitations, allowing them to enjoy the benefits of yoga without the strain of sitting on the floor.

Restorative Yoga

Restorative yoga is a gentle and soothing form of yoga designed to promote relaxation and healing. It involves the use of props such as blankets, blocks, and cushions to support the body in passive poses, allowing seniors to deeply relax while still gaining the benefits of stretching and breathwork. Restorative yoga is perfect for those who are new to yoga or have physical limitations.

Hatha Yoga

Hatha yoga is a traditional style of yoga that involves slow, deliberate movements and breathwork. It's ideal for seniors because it focuses on alignment, flexibility, and balance. This practice is not overly strenuous and can be adapted to accommodate various fitness levels, making it a great option for older adults.

Gentle Yoga

Similar to Hatha yoga, Gentle yoga is a low-impact practice that is slower in pace and involves simple movements. It emphasizes relaxation, stretching, and breathing exercises, making it suitable for individuals with arthritis, back pain, or other mobility issues. Gentle yoga promotes both physical and mental wellness, encouraging seniors to move at their own pace.

PRECAUTIONS FOR SENIORS PRACTISING YOGA

While yoga is generally safe for most seniors, there are a few precautions to keep in mind:

Consult a Healthcare Professional

Before beginning a yoga practice, seniors should consult their doctor, especially if they have chronic health conditions or are recovering from an injury. A healthcare provider can help determine what type of yoga is safe and suitable for the individual.

Start Slowly

For beginners, it's important to start with beginner-friendly poses and gradually progress to more complex movements. It's essential to listen to the body and avoid pushing too hard.

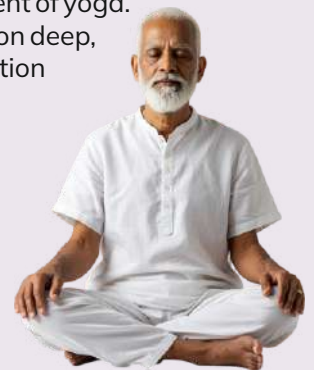
Use Props and Support

Using props such as blocks, straps, and cushions can make poses more comfortable and reduce the risk of strain. If needed, modify poses to accommodate physical limitations.

Focus on Breathing

Proper breathing is a key component of yoga. Elderly practitioners should focus on deep, slow breathing to help with relaxation and prevent dizziness.

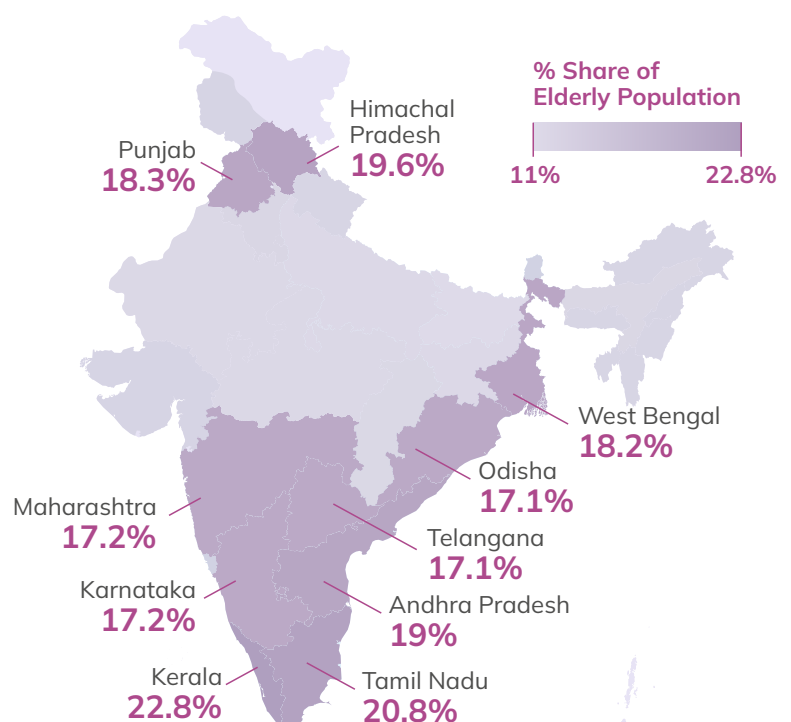
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India's Ageing Population

10.7% 2025 **20.8%** 2050

Currently India's ageing population is about 10.7% of the population, and is expected to almost double to 20.8% by 2050



A FEW GLIMPSES OF GRACEFUL LIVING ACTIVITIES



50 YEARS



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An initiative of Tulsi Trust

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Ageing with Dignity and Grace

Tulsi Trust was established by the Chanrai family in 1975 with an aim to fulfil basic needs of the poor and needy. At a deeper level, it's more than indulging in physical activities. Health care, skills development and education are top priorities. It envisages a fair world for all, working with partners to improve health care and opportunities for livelihood, & education. Add to this, the capacity to understand another's needs and do this with utmost integrity.

Graceful Living (GL) is an arm of Tulsi Trust which came out of a realization of a social need for elderly care. After seven active years, GL is now a recognized organization for those in their twilight years and has created an awareness through its activities and talks for senior citizens. GL has a social presence viz. Twitter, Facebook, Instagram and YouTube.

Activities of Graceful Living

In Partnership...

- **Intellectual companionship and special care programs** – includes companionship, counselling and care-giving for Dementia, Parkinson's and Alzheimer's when required. These services are provided through our partner, **Echoing Healthy Ageing**.
- **Physiotherapy sessions** which help the elderly to improve their mobility and become more independent: **PRAJ-The Rehab Sphere** with Dr Pratha Mehta & Dr Rajshri Lad; and Dr Pooja Gindra.
- **Youth Sensitization** – Training candidates in 'elder care' in order to have professionals for the same: **MMP Shah College** – elder companionship course for Sociology students

Activities for the elderly :

- **Technology Training** by **Mrs Manasi Golwalkar**
- **Sensitization programs** for school/college students to create an awareness of the needs and issues of the elderly.
- **Music Therapy** by **Mr Kishor Golatkar**

Direct Intervention by GL

- **Webinars** – alternate month
- **Guest Lectures by professionals/experts** – mainly on Zoom - alternate month
- **Graceful Living Monthly Newsletter** + an **Annual Anniversary Issue** carrying important information for the elderly and articles by known doctors and other professionals
- **Support Group Meetings** by GL to create platforms for senior citizen organizations in the city.

Disclaimer: The materials and information in this Newsletter have been prepared or assembled from various sources and are intended for general informational purposes only. We make no representation or warranty expressed or implied. We are only acting as a medium to pass on the available information/data for the benefit of older people/senior citizens. Any opinions expressed in this Newsletter are opinions of the individual author and may not reflect those of others.

It would be appreciated if you could encourage the activities of GL including the Newsletter published every month by sending an annual donation of Rs 250/- through a bank transfer to: Tulsi Trust, A/c no SB416116287. IFSC Code: IDIB000N052, Indian Bank, Mittal Towers, Nariman Point OR send a cheque in the name of Tulsi Trust to 112-AMittal Towers, Nariman Point. Or Scan the QR Code and donate through BHIM/UPI/PhonePe /GPay/IndSmart/PayTM/FreeCharge



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About Us

Our approach delivers the how-to for genuine connection by shifting from "command & control" to "inspire & connect". We foster the ability to build authentic trust, which is the soft skill of the future.

85% of job success comes from well-developed soft skills.

The Paradox



Manoj Gursahani
Founder

In an increasingly digital, transactional world, we are "SURROUNDED BY PEOPLE BUT STARVED FOR GENUINE HUMAN CONNECTION."

A Philosophical Shift

01

Shift from TRANSACTIONAL ("What can I GET?") to TRANSFORMATIONAL ("How can I HELP?")

The Foundations of Influence

02

LISTEN to uncover deeper needs, GIVE with a Giver's Mindset, and CONNECT to create advocates.

The Master Skills

03

Active Listening frameworks, Body Language for presence, and Storytelling for authentic connection.

Deep Change Framework

04

Apply Neuroscience Backed Frameworks to align conscious intent with subconscious habits.



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