

This is a monthly diary giving updates on activities at Graceful Living and providing information on ageing 'gracefully' to help elders live a life with maximum ease



TULSI TRUST



GRACEFUL LIVING
LOVE LIFE LIBERTY

NEUROLOGY FOUNDATION: WHERE CARE MEETS COMMUNITY

Neurological disorders can affect every stage of life—but so can care, support and hope ...

The Neurology Foundation, a not-for-profit organization founded by renowned neurologist Padmashri Dr. B. S. Singhal, strives to reach out to people living in urban, rural and tribal communities. At the Neurology Foundation, we believe that timely intervention, informed care, and inclusive community outreach can transform lives impacted by neurological conditions. The **'Healthy Ageing Program'** is one such initiative that provides multidisciplinary therapeutic interventions for senior citizens at old age homes and community groups.

The Neurology Foundation, with the generous support of the JSW Foundation, has been quietly transforming the lives of senior citizens in the Shahapur district. Through its 'Healthy Ageing Program' conducted at the old age homes and community groups, the organization provides multidisciplinary therapeutic interventions that blend physical rehabilitation with joyful, mindful engagement. Thus the Foundation has become a beacon of hope and health for many elderly residents. Currently, the Foundation works closely with four old age homes in the region—Matoshri Old Age Home, Mukta Jeevan Old Age Home, St. Anthony Old Age Home, and St. Joseph Old Age Home—supporting a total of 173 residents.

At the heart of this initiative is a

dedicated team comprising social workers, physiotherapists and community health workers who conduct weekly sessions that focus on improving both physical mobility and mental well-being. These sessions include structured physiotherapy exercises, group activities, cognitive games, music therapy, and art-based interventions—each tailored to the needs and capacities of the residents.

The work of the Neurology Foundation goes beyond physiotherapy—it represents a model of elder care rooted in dignity, consistency, and compassion. By investing in both the physical and emotional well-being of senior citizens, the Foundation ensures that ageing is not synonymous with isolation or decline, but instead with empowerment, joy, and meaningful human connection.

As the Foundation continues to expand and deepen its work, it remains committed to one powerful belief: Every senior citizen deserves not only care but also a chance to thrive.

The real success of the program lies in the heartfelt testimonials of those it serves. Mr. AB, a resident of Matoshri Old Age Home, shared how the regular therapy sessions have significantly improved his mobility and confidence: "Slowly, I have noticed improvement in my walking and balance. The stiffness

in my body has also reduced. I feel more confident now while moving around. The regular sessions and guidance have made a big difference in my daily life. I'm grateful for the support and the simple exercises that I can do in my room."

Ms. JK, a resident of Anna Niwas, highlighted the importance of joyful engagement alongside physical health: "The rain dance and music activities made me feel refreshed and happy. We also did exercises with the wand, which helped my arms move better. The singing and shaker games were fun and helped me stay more alert. I liked how the therapist kept us active while also making sure we were enjoying ourselves."

Ms. YZ, from St. Anthony Destitute Home, noted how the activities helped both her body and mind: "I enjoyed the wand exercises—they helped loosen up my shoulders and hands. These activities are not only fun but also help me concentrate better."

Dr. Sharmila Donde
Parkinson's Disease & Movement Disorder Society
www.parkinsonssocietyindia.com
Neurology Foundation
www.neurologyfoundation.in



Balance exercises for the residents of the old age home

ULTRA-MODERN MEDICAL SCIENCE

It is interesting to note as a human race we are experiencing this kind of tendency, whereby one ailment seems to lead to another...

You had a fever for two or three days. Even if you didn't take any medicine, your body would have healed on its own in a few days. But you went to see a doctor. Right at the start, the doctor prescribed a bunch of tests.

The test results didn't show any specific reason for the fever. However, they found slightly elevated cholesterol and blood sugar levels — something quite common in normal people.

The fever subsided, but now you were no longer just a patient with fever.

The doctor told you:

"Your cholesterol is high. Your sugar is slightly elevated. That means you're pre-diabetic. You'll need to start medication to control cholesterol and blood sugar."

Along with this came multiple dietary restrictions. You may not have strictly followed the food restrictions — but you didn't forget to take the medicines.

Three months passed. Tests were done again. Your cholesterol levels dropped a bit, but now your blood pressure was slightly elevated. Another medication was prescribed. Now you were on three medicines.

Hearing all this, your anxiety increased. "What next?" Because of this worry, you started losing sleep. The doctor prescribed sleeping pills — and now your medicine count increased to four.

After taking all these medicines, you started experiencing acidity and heartburn. The doctor advised: "Take a gas tablet on an empty stomach before meals." Now you were on five medicines.

Six months passed. One day, you experienced chest pain and rushed to the emergency.

After a full checkup, the doctor said:

"Good thing you came in time. Otherwise, it could've been serious." More tests were recommended.



After undergoing a series of expensive tests, the doctor told you:

"Continue your current medicines. But now add two more for the heart. Also, you should see an endocrinologist." Now you're on seven medicines.

As advised by the cardiologist, you saw the endocrinologist. He added another diabetes medicine and a thyroid pill for mildly elevated thyroid levels. Now your total medicines count was nine.

Gradually, you started believing that you're seriously ill:

- **Heart patient**
- **Diabetic**
- **Insomniac**
- **Gas problems**
- **Thyroid issues**
- **Kidney issues**

...and the list goes on.

No one told you that you could maintain your health through improved willpower, self-confidence, and lifestyle choices. Instead, you were repeatedly told that you are a severe patient, weak, incapable, and a broken person.

Six months later, due to the side effects of all these medicines, you started facing urinary problems. Further tests revealed possible kidney issues.

The doctor conducted more tests. After seeing the report, he said: "Creatinine levels have slightly increased. But don't worry — as long as you take your medications regularly." He added two more medicines. Now you're on eleven medicines.

You're now consuming more medicines than food, and due to the side effects of these drugs, you are slowly moving toward death. What if, in the beginning, when you first visited the doctor for your fever, the doctor had simply said: "No need to worry.

It's just a mild fever. No need for medicine. Just take rest, drink plenty of water, eat fresh fruits and vegetables, go for a morning walk — that's all. No need for any drugs."

But then... how would the doctor and the pharmaceutical companies make a living?

The biggest question: On what basis do doctors declare patients as having high cholesterol, high BP, diabetes, heart disease, or kidney disease?

Who sets these standards? Let's explore this a bit deeper: In 1979, the blood sugar level considered diabetic was 200 mg/dl. At that time, only 3.5% of the world population was classified as type-2 diabetic.

In 1997, under pressure from insulin manufacturing companies, the diabetic threshold was lowered to 126 mg/dl, which suddenly raised the diabetic population from 3.5% to 8% — meaning 4.5% more people were labeled as diabetic without any real symptoms. In 1999, the WHO accepted this guideline. Insulin companies made massive profits and opened more factories.

In 2003, the American Diabetes Association (ADA) further reduced the fasting blood sugar level to 100 mg/dl as the pre-diabetic standard. As a result, 27% of people were suddenly classified as diabetic without cause.

Currently, according to ADA, post-meal blood sugar of 140 mg/dl is considered diabetic. Because of this, around 50% of the global population is now labeled diabetic — many of whom are not truly ill.

Indian pharmaceutical companies are trying to reduce this further, to an HbA1c of 5.5%, thus turning even more people into patients and increasing drug sales. Many experts believe that HbA1c up to 11% should not be considered diabetic.

Another example:

In 2012, a major pharmaceutical company was fined \$3 billion by the US Supreme Court. They were accused that, between 2007–2012, their diabetes drug increased the risk of heart attacks by 43%.

The company knew this in advance but deliberately hid it for profit. During that period, they earned \$300 billion in profits.

This is today's "ultra-modern medical system"! Think... Start thinking...



By Dr. Ananya Sarkar

CELEBRATING LIFE, DIGNITY, AND TOGETHERNESS: GRACEFUL LIVING'S 7TH ANNUAL DAY



On 17th December 2025, the Graceful Living family came together to celebrate its 7th Annual Day at Mysore Association Hall in Matunga, Mumbai, marking yet another milestone in its inspiring journey of promoting active, meaningful, and dignified ageing. The event beautifully reflected the core spirit of Graceful Living - community, compassion, and celebration at every stage in life.

The program began at 4:30 PM. Senior citizens, students, partners, professionals, and well-wishers filled the hall, creating an atmosphere of joy, belonging, and shared purpose. The evening was gracefully anchored by Ms. Tanvi Jadhav, Project Officer, Graceful Living, and Mr. Pravin Damle, Consultant, Graceful Living, whose warmth and energy kept the audience engaged throughout. The program opened on a dignified note with the National Anthem, setting a tone of respect and unity.

Graceful Living was honoured by the presence of eminent dignitaries. Mr. Milind Hardas,

Protocol Officer, Government of Maharashtra, graced the occasion as the Chief Guest. Mr. Javed Sheikh, CEO of Dignity Foundation, attended as the Guest of Honour, sharing valuable insights into senior welfare, health, and dignity. A long-standing supporter of the initiative, Mr. Manoj Gursahani, Co-Founder of Vera Pharmacy, joined as the Guest of Honour. All dignitaries were warmly welcomed and felicitated.

The inaugural address by Mr. Naval Pandole, Advisor, Tulsi Trust, beautifully traced the journey, values, and vision of Graceful Living. Mr. Shrinivas Sawant, Chief Operating Officer, Tulsi Trust, reflected on Tulsi Trust's 50-year legacy of service and highlighted the impactful work carried out through the Graceful Living project over the past seven years. He emphasized the importance of community-based support systems in ensuring dignity and quality of life for senior citizens.

A proud moment followed with the introduction of the Graceful Living - Annual Magazine, edited by Ms. Asha Gurnani Vohra, Advisor, Communication, Graceful Living, and the formal launch of the Anniversary Issue 2026 by the dignitaries. The guest speakers shared inspiring reflections on dignity, service, empathy, and the power of intergenerational bonding.

One of the most touching segments of the evening was Prerna Samman 2025, where senior citizens and partners were honoured for their inspiring lives

and selfless contributions. The awardees—Mrs. Latika Naik, Mr. Madhav Purohit, Mr. Kishor Golatkar, Mr. Suresh Pote, Mrs. Ashwini Shah, and Ms. Amruta Lovekar—were well lauded, reminding everyone that inspiration has no age.

The cultural segment, aptly titled "Talent Reloaded", was a vibrant celebration of creativity and confidence. From energetic dances and soulful songs to mono-acts, whistling, yoga-based performances, and a powerful student skit, seniors and students together proved that talent truly knows no limits. Each participant was honoured with a Token of Appreciation, acknowledging their enthusiasm and commitment.

The evening concluded with a Vote of Thanks by Mr. Ramdas Unhalekar, In-charge – Graceful Living and Project Manager, Tulsi Trust, followed by refreshments and warm informal interactions. The 7th Annual Day of Graceful Living stood as a living example of its mission, celebrating life, dignity, talent, and togetherness at every age.



DO SUBSCRIBE FOR OUR GRACEFUL LIVING 11 MONTHLY NEWSLETTERS AND ONE ANNUAL MAGAZINE AT A MERE RS. 250 ANNUALLY ...

ADVANTAGES: A physical newsletter to hold and read at your leisure with articles written by professionals on subjects ranging from physical and emotional care, tips on living healthy lives, and information on various ailments. This includes dementia, liver and kidney mal-functions and other body ailments. And much, much more.

These will be posted to you without any extra charge. Make the payment by scanning our QR Code on the side via GPay/UPI/PayTM OR through a bank transfer in the name of Tulsi Trust, A/c. no. SB 416116287; IFSC Code: IDIB000N052, Indian Bank, Mittal Towers, Nariman Point OR send a cheque in the name of Tulsi Trust to 112-A Mittal Towers, Nariman Point, Mumbai 400 021. Please send your Name, Address and your Whatsapp number.





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 and 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 three 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.

SERVICES PROVIDED BY GRACEFUL LIVING

COUNSELLING & MENTAL HEALTH SERVICES

- Mpower
- Dr. Mamta Kakade
- Echoing Healthy Ageing

COMPANIONSHIP SERVICES

- MayaCare Foundation

PHYSIOTHERAPY

- Praj- The Rehab Centre
- Dr. Pooja Gindra
- Dr. Alfiya Shaikh

TECHNOLOGY TRAINING

- Simpli5 - Mr. Salil Datar
- Mrs. Mansi Golwalkar
- Ms. Sakshi Kadam

ELDER COMPANIONSHIP COURSE AT MMP SHAH COLLEGE

YOUTH SENSITIZATION PROGRAMS & INTER-GENERATIONAL ACTIVITIES.

SUPPORT GROUP MEETINGS

- Conducted by Senior Citizens' Volunteers trained by Graceful Living

DIRECT INTERVENTION BY GL...

- Webinars – alternate month
- Guest Lectures by professionals/experts – mainly on Zoom
- Graceful Living Monthly Newsletter carrying important information for the elderly plus articles by known doctors and other professionals
- Co-ordination by GL to create platforms for senior citizen organizations in the city



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WINTER CAN BRING ADDED CHALLENGES FOR OLDER ADULTS, ESPECIALLY THOSE LIVING ALONE. SOME HINTS:

1) Why Does Winter Require Extra Caution for Older Adults?

- Cold Temperature Affects the Body's Ability to Regulate Temperature
- Winter Stiffness Increases Fall Risk
- Seasonal Illness Risks Rise During Winter
- Winter Activity Affects Physical and Emotional Health

2) Preventing Slips, Falls, and Home Accidents

3) Managing Health Conditions During Winter

- Monitor Chronic Conditions More Closely in Winter
- Maintain Regular Medications and Health Checks
- Support Overall Health Through Hydration and Rest

4) Other important guidelines...

- Stay active at Home and Outdoors
- Avoid Prolonged Inactivity
- Eat Warm and Balanced Meals for Daily Strength
- Stay Hydrated Even When Thirst Feels Low
- Engage in Meaningful Activities

VIEWPOINT

Happy, happier 2026. For the elderly, it's great that winter will soon recede. Yes, difficult to take the cold weather. At least for the plus 60. We are already in the second month of the year. How time doth fly!

Our opening article is on the Neurology Foundation and the apt sub-title...where care meets community. This is a not-for-profit organization founded by Padmashri Dr B.S.Singhal. Timely intervention, informed care, and inclusive community outreach can transform lives impacted by neurological conditions. The 'Healthy Ageing Program' is one such initiative that provides multidisciplinary therapeutic interventions for senior citizens at old age homes and community groups. The Neurology Foundation, with the generous support of the JSW Foundation, has been quietly transforming the lives of senior citizens in the Shahapur district. Dr. Sharmila Donde of Parkinson's Disease & Movement Disorder Society gives you the details.

Have you ever felt that when you go to cure yourself of one ailment, a second one crops up, then a third and so on, till one day you feel so heavy with the various medicines that you truly wonder if you are well or unwell?! This interesting article is by a doctor, Dr. Ananya Sarkar and is doing the rounds on Whatsapp. It will touch your heart.

Page 3 is a Graceful Living page. As mentioned earlier, we celebrated GL's anniversary on the 17th of December 2025. We are now publishing the goings-on as to how beautifully the events and celebrations unrolled themselves with much participation by senior citizens. Above are some winter tips for seniors. More later!

Asha Gurnani Vohra
Editor

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