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NEWSLETTER

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: 50 YEARS OF COMPASSION, COMMITMENT AND COLLECTIVE CHANGE

Honouring a Golden Legacy and Inspiring a Future of Shared Responsibility, we welcome a new year filled with hope and purpose, Graceful Living is proud to celebrate an extraordinary milestone. The year 2025 marked the golden jubilee year of its parent organisation that has steadily and consistently uplifted countless lives across India. This milestone is not just a celebration of past achievements; it is an invitation to honour and carry forward with renewed collective responsibility

A Legacy Rooted in Love and Vision:

Tulsi Trust was founded in August 1975 by **Mr. Mithu Chanrai**, in memory of his late father, **Mr. Tulsidas Chanrai**. The Trust was born from a simple yet profound belief that those blessed with resources have a moral responsibility to uplift the deprived. What began as a heartfelt tribute has grown into a powerful movement for dignity, equity, and human development.

Over five decades, the Chanrai family has nurtured the Trust with unwavering dedication. They did not just contribute funds; they invested their **time, compassion, and conviction**. Their leadership is a reminder that lasting social change emerges from **continuity, consistency**, and a deep commitment to the well-being of humanity.

Impact Aligned with Global Aspirations:

Long before global development conversations became mainstream, Tulsi Trust was already working on areas that the world now recognises as essential for humanity's progress. Over decades, the Trust has aligned its work with the **United Nations Sustainable Development Goals (SDGs)**, particularly focusing on... Ending hunger, Alleviating poverty, Ensuring access to quality education, Promoting good health and well-being, Supporting skills development, Enhancing the dignity of the elderly, Assisting vulnerable and roadside destitute individuals. These goals, set by the UN in 2015 to be achieved by 2030, resonate deeply with the Trust's founding ethos.

A Journey of Service across Generations:

For 50 years, Tulsi Trust has reached out to the most vulnerable sections of society, children without opportunities, families struggling for basic healthcare, elderly individuals seeking comfort, and communities burdened by poverty. Working either directly or through strong grassroots partnerships, the Trust has ensured that its interventions reach those who need them most.



Some of its signature efforts include:

- **Feeding Programs:** Providing nutritious meals to the poor and hungry.
- **Healthcare Support:** Enhancing access to medical services, supporting hospitals, and enabling life-saving interventions for those who cannot afford treatment.
- **Education & Skills Development:** Offering scholarships, supporting schools, and creating vocational opportunities that empower young people.
- **Active Ageing Programs:** Enhancing the quality of life for senior citizens through engagement, healthcare support, and emotional care.
- **Support for Roadside Destitute Individuals:** Extending compassion to those living on the margins, ensuring they receive food, healthcare, and dignity.

Hundreds of thousands of individuals have been supported over the years. Each life touched tells a story of hope restored, opportunities created, and dignity preserved.

Celebrating 50 Years: A Golden Journey of Hope

Completing 50 years is a testament to perseverance, thoughtful leadership, and a profound commitment to humanity. Meaningful change does not happen overnight. It is built day by day, step by step, by people who believe in the power of compassion. This golden journey is also a tribute to every partner, donor, volunteer, and well-wisher who stood with the Trust.

Together, they have built a movement of kindness, one that has transformed lives and continues to inspire future generations.

A New Year, A Renewed Call to Action as Tulsi Trust enters its next chapter, one truth stands out clearly: **The legacy of service can only continue if society participates wholeheartedly.** Now, as we step into a new year, and as Tulsi Trust steps into its next 50 years, the time has come for all of us to share this responsibility. The future of this legacy depends on the collective strength of everyone who believes in a just and fair world. Whether through volunteering, sharing expertise, offering partnerships, or contributing resources, **every individual and organisation has a role to play.**

Moving Forward Together

Tulsi Trust envisions a world where dignity is not a privilege but a right. Its mission to improve access to food and healthcare, support education and skills training, assist the destitute, and enrich the lives of the elderly remains as relevant today as it was in 1975. Let us honour the past by investing in the future. And let us ensure that the next 50 years of Tulsi Trust are even more impactful, inclusive, and far-reaching.

Bridging Hope. Transforming Lives.

The story of Tulsi Trust is a story of collective compassion, of generations who cared, and of a society that believes in giving. May this golden jubilee inspire each of us to contribute in our own way, so together we can create a fairer, kinder, and more hopeful world.



Mr. Shrinivas Sawant

COO, Tulsi Trust



NO MORE FALLS!

A fall has a ripple effect on the senior citizen... loss of confidence, physical decline and anxiety



Imagine this...

It's a calm evening. You're walking across your living room and suddenly your foot catches on the carpet. You have a fall.

For many senior citizens, this isn't just a small accident. It can change life completely.

According to the World Health Organization, one in three people over 65 experiences a fall every year.

The good news? Most falls can be prevented with the right awareness, environment, and lifestyle changes.

Why Do Falls Happen?

Falls occur due to a combination of factors:

- Age-related changes: slower reflexes, reduced balance, weaker muscles.
- Vision & hearing difficulties: harder to spot obstacles or hear warning cues.
- Medication side-effects: dizziness, drowsiness, low blood pressure.
- Chronic conditions: arthritis, diabetes, stroke, Parkinson's disease.
- Environmental hazards: slippery floors, poor lighting, clutter, uneven surfaces.

Understanding "why" is the first step to staying safe.

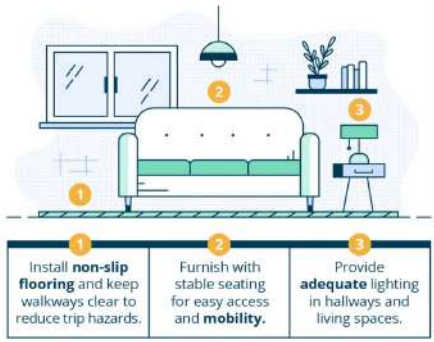
The Ripple Effect of a Fall

A fall is more than a bruise or fracture. It can lead to:

- Loss of independence - fear of falling again limits activity.
- Emotional struggles - anxiety, depression, loss of confidence.
- Physical decline - reduced mobility, muscle weakness, slower recovery.

SIMPLE STEPS FOR SAFER LIVING

As a senior you must look into safety measures to lead an accident-free life. No taking risks as a senior



1. Strengthen Your Body

Your muscles are your natural “shock absorbers”. Strong legs, core, and back muscles keep you stable. A physiotherapist can design safe, personalized exercises to build strength.

2. Balance Training

Balance is a skill that improves with practice. Even simple daily activities can make you steadier on your feet.

3. Safety-Proof Your Home

Most falls happen at home which makes your home the first line of defence.

- Secure loose rugs with non-slip backing.
- Keep floors clutter-free (no stray wires, toys, shoes, or books).
- Install grab bars in bathrooms & railings on stairs.
- Ensure good lighting especially night lamps in hallways.
- Use sturdy, non-slip footwear indoors and outdoors.
- Use a walker or a tripod stick (as advised by your doctor or physiotherapist).

4. Check Your Eyes & Ears

Your eyes and ears guide your steps. Regular check-ups will ensure you have an upper hand.

- Regular eye and hearing tests.
- Update eyeglasses when needed.
- Be mindful of bifocals on stairs as they distort depth perception which can cause error in judgement of foot positioning.

5. Review Your Medications

Some medicines affect balance. A medication review by your doctor can identify risks early and modifications can be made to lower fall risk.

6. Nutrition for Strength

- Calcium-rich foods (milk, leafy greens, fortified cereals).
- Vitamin D from sunlight or supplements.
- Vegetarian protein source in your meals for strong muscles.
- Stay hydrated to prevent dizziness and confusion.

The Role of Physiotherapy

Physiotherapists are like “movement coaches” for seniors. The approach includes:

- Fall risk assessments using balance and gait tests.
- Personalized exercise programs for strength, flexibility, and balance.
- Training in safe movement strategies for daily activities like getting out of bed or climbing stairs.
- Post-fall rehabilitation, helping seniors regain confidence and independence after an incident.
- The goal is not to prevent falls, but to empower every senior to move with dignity and assurance.



General exercises from the internet or YouTube can help you maintain generalised fitness and health but in case of specific balance issues or joint aches and pains, avoid doing general exercises, it may worsen the condition or increase risk of injury. Always seek help from a qualified physiotherapist.

A Quick Safety Checklist when stepping out-

Before stepping out, ask yourself:

- Am I wearing sturdy, non-slip shoes?
- Are my halls and stairs well-lit?
- Did I do my balance & strength exercises today?
- Do I feel steady after taking my medications?
- Am I carrying my essentials- phone, ID card, water, snack, medicines?

Sometimes, prevention is as simple as a quick pause.

The Path Forward

Ageing is all about smart adaptations and not about restrictions. With the right awareness and support, every senior can live gracefully, actively, and safely.

NOTE:

- Every fall prevented is a life preserved.
- Every step taken with confidence is freedom gained.

Leaves are meant to fall, not people.

PRAJ- The Rehab Sphere

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.





Hey Senior Citizens! Points to ponder over...

It's time to minimize: Salt, sugar, maida, milk and dairy products, processed foods

Food you need: Vegetables, pulses, beans, nuts, eggs, cold-pressed oils, fresh fruits

Things to forget: Your age, your past, your greatness, your problems, your arguments

Essential things to cherish: Your family, your friends, your positive thoughts, having a clean and pleasant home

Things to adopt: Always smile/be happy, do regular physical exercise, weight control

Lifestyles to practise: Don't wait until you are thirsty to drink water, don't wait until you are tired to rest, don't wait until you're sick to get medical check-ups, have faith in God but don't wait for miracles, never lose confidence in yourself, always stay positive and hope for a better tomorrow.

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

VIEWPOINT

Hearty welcome to the year 2026. Wishing all seniors a healthy and happy life! Graceful Living recently completed its 7th anniversary event on 17 December, 2025 with much aplomb. The elderly were present in large numbers and happy to say it went off very well. More of that in our February issue.

Now in January 2026, we are ready to bring out our first issue of the new year. Page 1 has been devoted to our parent organisation, Tulsi Trust which completed 50 years in 2025. We have given details of its positive progress over the years.

We have the popular subject of falls on the Page 2, NO MORE FALLS. Isn't this something seniors want to read about more and more? Why do falls happen and what is their ripple effect.

In continuation to this, we have given you an article, SIMPLE STEPS FOR SAFER LIVING, all told to us by PRAJ, the Rehab Sphere, known for physiotherapy.

The last page has listed points for seniors to ponder over to continue safety as their primary goal.

An aside: All seniors be warned. The weather is playing havoc with health with the varying temperatures. So one day you are fine, the next you have a cold/cough, and again the next you have a gurgling tummy. It is happening. So please take care to also not eat outside food. Home food should be the norm.

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