

# Tulsi Trust Annual Report 2023-2024





# TULSI TRUST

DEVELOPMENT FOR ALL

Tulsi Trust was founded by Mr. Mithu Chanrai in August 1975 to honour his father, Mr. Tulsidas Chanrai. The Trust is a charitable organization committed to supporting the United Nations Sustainable Development Goals (SDGs). Our mission focuses on reducing poverty, eradicating hunger, and providing quality education, aligning with our nation's priorities of employment, economic growth, and poverty alleviation.

Tulsi Trust is dedicated to more than just physical activities for the public good; we embody a sense of moral responsibility and integrity, striving for excellence in all our projects.

## Our **5** top priorities

### 3

#### Health - Medical Support:

Provide access to quality and affordable health care



### 2

#### Support to Destitutes:

Missionaries of Charity (MoC) and Jeevan Aanand Sanstha (JAS)



### 1

#### Feeding the Poor - End of Hunger:

Providing food to those in need



### 4

#### Education and Skills Development

Assisting deserving students with education and skills development



### 5

#### Graceful Living – Project for Senior Citizens:

Empowering senior citizens to live dignified healthy lives



# 50 YEARS

We are committed to achieving the Global Sustainability Goals set during the 2015 UN Summit, with a focus on zero hunger, healthcare support, and education for all by 2030. Our impactful work is made possible through partnerships and the unwavering support of the Chanrai family.

Tulsi Trust will be completing our 50th anniversary in the month of August, 2025.

## Vision

Tulsi Trust envisions a world that is fair and just for all.

## Mission

We work with partners to improve access to food and healthcare, support education and skills training, assist roadside destitute individuals, and enhance the quality of life for the elderly.

## Values we stand by

**Empathy** Identifying with people and trying to understand what the person feels.

---

**Excellence** Striving for excellence and quality in everything we do.

---

**Integrity** High sense of honesty clubbed with moral values.

---



# 1 FEEDING PROJECTS

Feeding projects are crucial initiatives designed to address the basic need of the vulnerable and underprivileged population. These projects aim to provide regular, wholesome meals to those who struggle for adequate food due to poverty, unemployment, disability, or other socio-economic challenges. The necessity of such projects becomes evident when considering the impact of food insecurity on health, well-being, and overall quality of life. For many individuals in impoverished communities, access to sufficient and nutritious food is a daily struggle. These feeding projects play a vital role in alleviating hunger, improving health outcomes, and enhancing the quality of life for the poor and needy.

## Sathya Sai Baba Trust, Mumbai

Sathya Sai Baba Trust, Mumbai, is a religious organization founded by Sri Sathya Sai Baba in 1972 to carry out activities in the areas of: Relief to poor, Education, Medical Relief, and other objects of General Public Utility. SSBT provides food to the slum population and institutions for the elderly and destitute in the various parts of the western suburbs of Mumbai. Because of this initiative, several needy and poor people get wholesome meals once a week. With the support of the Tulsi Trust, Sathya Sai Baba Trust distributes a total of 1,14,000 meals a year. This works through their community kitchen. The Tulsi Trust partners with Sathya Sai Baba Trust for feeding project since year 2020.



## Sringeri Muth, Chennai

Sringeri, also known as Sri Kshetra Shringeri, is a hill town in Karnataka, located on the banks of the Tunga River. It is home to the first Muth Sringeri Sharada Peetham established by Adi Shankara. The Muth has a branch in Chennai. As part of its social initiatives, Sringeri Muth, Chennai partners with the Tulsi Trust for feeding project since year 2020. The Tulsi Trust provides ration kits to 350 visually impaired individuals and their families every month in Chennai. These beneficiaries travel from 5-6 neighbouring districts of Tamil Nadu to collect the food kits.



## Sadhu Vaswani Mission, Pune

The Sadhu Vaswani Mission, founded in 1929, is a non-sectarian, non-profit organization headquartered in Pune, India, with over 60 centers worldwide. Under the leadership of Didi Krishna Kumari, the Mission has expanded globally and focuses on various initiatives, including education, healthcare, rural development, and spiritual services. One of its key social initiatives is the Feeding Project, which is based on the belief that no one should go to bed hungry. What started as a small effort to provide meals to the less fortunate has grown into a large-scale daily operation, serving about 2,500 meals to homeless, jobless, and migrant workers in three areas of Pune: Pimpri, Yerawada, Manjri Village, and Pune city. These meals primarily support daily-wage workers, offering them wholesome food. Since 2020, the Tulsi Trust has been supporting the distribution of 74,200 meal packets a year as a partner in this initiative.

The Mission conducts other social initiatives, including healthcare programs, educational support, and campaigns for a meatless and compassionate world.



## Haji Ali Dargah Feeding, Mumbai

Tulsi Trust provides food to the poor and needy people sitting outside Haji Ali Dargah, Mumbai, serving freshly cooked food to the poor every Tuesday, Thursday, and Saturday, as well as throughout the entire month of Ramadan. People who sit outside Haji Ali Dargah are the poor and homeless. The idea is to feed people fresh, hot and healthy food. These people get wholesome meals thrice a week. The activity is supported by Mr. Jagdish Chanrai and Mr. Subodh Chanrai. About 750 adults/children are thus fed with fresh, hot food. It's the regularity of the event that is fulfilling. Additionally, we provide food on special occasions.



## LAP Feeding Project, Chennai

LAP Feeding Project at 'Tirumani Leprosy Centre' Chennai (an old leprosy centre) is run by the state government in Chengalpattu. We support the provision of daily meal supplements, wholesome meals. Tulsi Trust also provides support for house repairs, electrical repairs, kitchen utensils, and clothes during Diwali.



## Sindhu Varsha Foundation, Ulhasnagar

Tulsi Trust provides free monthly ration to 130 needy and poor widows living in Ulhasnagar, through the Sindhu Varsha Foundation, Ulhasnagar. It's a Sindhi dominated area, a place known for the influx of Sindhis immediately after Partition. A list of the poorer sections of Sindhis has been made and these people have been provided with 'cards' (like ration cards), in which Tulsi Trust has given donations in the form of kits of ration, enough for a family of 4, every month on an annual basis.



# 1,88,950

People

fed in collaboration  
with our partners



## 2 SUPPORT FOR ROADSIDE DESTITUTES

Roadside destitutes include individuals who are living in extreme poverty and are often found on the streets, including the helpless poor, neglected, abandoned sick, lepers, and beggars. These individuals face numerous challenges and are frequently left without adequate support or hope due to societal neglect or systemic issues. Addressing their needs is crucial for fostering a more compassionate and equitable society. Supporting roadside destitutes is both a moral and practical necessity. Tulsi Trust's efforts through partnerships with organizations like the Missionaries of Charity and Jeevan Anand Sanstha (JAS) demonstrate a profound commitment to addressing the needs of the most vulnerable members of society. By providing immediate relief and long-term support, these initiatives not only help individuals survive but also offer a path towards dignity, hope, and eventual reintegration into society.

### Missionaries of Charity

The Missionaries of Charity, founded by Mother Teresa in 1950, has been providing essential services and support to the underprivileged and vulnerable populations in India for several decades. Their work encompasses various areas such as healthcare, education, and assistance to those in need. Here is a brief report on the Missionaries of Charity's work in India:

Tulsi Trust in past supported for the construction of 5 such centres with the help of family members, relatives and friends of Chanrai family. One centre in Mumbai (Shanti Daan), One centre at Navi Mumbai (Prem Daan), two centres at Pune, Wakad and Chinchwad area and one centre at Goa. Tulsi Trust continued its support to 4 centres in Mumbai and 3 centres in Pune. Tulsi Trust generally support for construction, repairing, painting, equipment's, medical support and any other support. Generally the centre in charge shares their needs and then we ask them to get the quotations from appropriate vendor through their contacts.

Tulsi Trust is now supporting 7 projects: 1) Shanti Daan, 2) Wakad, 3) Pimpri, 4) Tadiwala, 5) Vileparle, 6) Kharghar, and 7) Byculla.



**Shanti Daan MoC**  
Borivali, Mumbai



**Mother Teresa Home**  
Pimpri, Pune



**Shishu Bhavan, MoC**  
Vile Parle, Mumbai



**Missionaries of Charity**  
Tadiwala Road, Pune City



**Asha Daan MoC**  
Byculla, Mumbai



**Prerana Bhawan MoC**  
Wakad, Pune

**Missionaries of Charity**  
Kharghar, Mumbai

### Jeevan Aanand Sanstha (JAS)

This is a public charitable organization that was established in 2013. JAS works in the social sector and aims to help the destitute, orphans, physically and mentally challenged individuals, and senior citizens. Presently JAS has a total of 10 centres across Mumbai, Maharashtra and Goa. Their services include providing food, shelter, hospital services, and education to orphan children to promote their development and upliftment of society, as well as improve their physical and mental well-being. The JAS staff works closely with the roadside destitute, focusing on temporary rehabilitation.

Individuals with severe wounds or any medical emergency are brought to the Day/Night Shelters: Khar (male) and Santacruz (female). JAS team members help in the hygiene of the destitute and enroll them in the shelter home, providing nutritious food to help improve their physical and mental well-being. At the same time, JAS's team initiates the search for the individual's family members. If there is no information received from the individual about any relative or family member, the JAS team explores options for permanent rehabilitation, i.e. moving the individual to the JAS Homes – Samarth Ashram in Virar or Sanvita Ashram in Kudal, Sindhudurg. JAS also focuses on the welfare of children in their Ashram in Kudal. Along with shelter, educational support is provided to the children.



**Samarth Ashram**  
Virar



**Day Care / Shelter**  
Khar, Mumbai



**Day Care / Night Shelter**  
Santacruz, Mumbai



**Sanvita Ashram**  
Kudal, Sindhudurg

**Sangam Project**  
Dahisar, Mumbai



**631**

**Beneficiaries**

Supporting Roadside  
Destitutes through 8 Centres



# 3 HEALTHCARE SUPPORT - MEDICAL ASSISTANCE

## Tulsi Trust - Healing Communities, Transforming Lives

At Tulsi Trust, health is at the heart of our mission. We are driven by a singular vision: to bring healing, well-being, and wholeness to those who need it the most. Through our health initiatives, we focus on the most vulnerable sections of society, offering not just care but hope. From eradicating preventable blindness to providing essential medical services, Tulsi Trust is committed to transforming lives and empowering communities with the gift of health.

### Our Key Focus Areas

**Comprehensive Healthcare Services:** We collaborate with hospitals like St. Elizabeth Hospital, offering a wide range of medical services, from basic care to life-saving surgeries. St. Elizabeth, which serves patients from remote tribal areas, street dwellers, and the urban and rural poor, has become a lifeline for many, providing affordable, quality healthcare.

### Partnerships with Leading Hospitals

Tulsi Trust works with prominent institutions such as Jaslok Hospital, St. Elizabeth Hospital, and Wadia Hospital to provide specialized treatments. Jaslok focuses on advanced care for critical diseases, St. Elizabeth caters to the underprivileged, and Wadia is a key center for maternal and child healthcare. Together, these partnerships ensure that no one is left behind.

**Jaslok Hospital**  
Peddar Road, Mumbai

Specialises in specific diseases

**St Elizabeth Hospital**  
Walkeshwar, Mumbai

Focuses on treating poor and underprivileged patients

**Wadia Hospital**  
Parel, Mumbai

A leading centre for maternal and child healthcare

### Health Support: A Lifeline to the Marginalized

In the past year, Tulsi Trust has supported a wide range of treatments and surgeries that have restored health, dignity, and hope. Some of the conditions treated include:

- Heart Surgery
- Eye Surgery (Including Retinal Treatments)
- Spinal Cord Surgery
- Cancer Treatments (e.g., Bone Marrow Transplants, Gestational Trophoblastic Neoplasia surgery)
- Pediatric Care (NICU support, Premature Baby Care)
- Complex Surgeries (Craniotomy for Tumor Removal, Hypospadias, and more)
- These treatments are not just medical procedures; they are life-changing events for the patients and their families.

## Who We Help

Our beneficiaries come from diverse backgrounds, all facing different challenges but united by the need for medical care. We have supported:

- Street dwellers and urban slum residents
- Rural and tribal communities
- Children and young adults, many of whom are the sole breadwinners for their families
- Seniors and orphans who would otherwise not have access to life-saving treatments

The financial situation of the patients varies widely. Some have exhausted their savings, others are supported by families or friends, while a few are fortunate to receive partial support from other trusts. In many cases, Tulsi Trust provides the critical financial assistance that makes their treatment possible.

## Financial Assistance Process

Tulsi Trust's approach is both transparent and needs-based. Social workers at our partner hospitals assess each case, and our Trustees carefully review and approve funding for deserving patients. After the treatment is completed, we settle the costs directly with the hospitals, ensuring that funds are used appropriately. We have supported the treatment of 18 cases this year.

## IMPACT STORIES

### Case Study 1

**A 50-Year-Old Street Dweller:** A man, living on the streets and supported by his brother, had been unable to walk for six years due to severe medical issues. After a successful surgery at **Jaslok Hospital**, funded by Tulsi Trust, the patient is now on the road to recovery and will soon return to work, becoming self-reliant once again. This surgery has not only restored his health but also his dignity and independence.

### Case Study 2

**A Tribal Girl's Journey to Recovery:** In a remote village in Maharashtra, a young tribal girl suffered a spinal cord injury that left her unable to walk. Thanks to Tulsi Trust's support, she received life-saving surgery at **Wadia Hospital**. Within 3 months' time she miraculously recovered and her life has transformed and given her family hope for the future.

### Case Study 3

**A Young Worker's Struggle with Respiratory Distress:** A 23-year-old man working as a delivery driver in the city was diagnosed with acute respiratory distress syndrome. Admitted to **St. Elizabeth Hospital** in a critical condition, his family could not afford the treatment. With Tulsi Trust's intervention, he received the care he needed and made a full recovery. His family, already struggling financially, now has a healthier and happier member to support them.



### Jaslok Hospital

It is a multi-specialty hospital in South Mumbai run by the Chanrai family providing medical treatment to the entire cross-section of society. Tulsi Trust supports those patients who cannot even afford the most basic charges for medicines, investigations and treatment. Tulsi Trust also partly supports the poor for major surgeries, about Rs 2,00,000 per person. Over 1200 patients are supported every year.

## Wadia Hospital

Located in the heart of Mumbai, The Bai Jerbai Wadia Hospital for Children pledges to extend its services to people, regardless of their socio-economic status. Believing strongly in the fact that quality healthcare should not be restricted to only certain sections of society, the BJWHC offers state of the art services for neonatal and pediatrics care at affordable costs.

A teaching hospital of world-wide repute, this 300-bed hospital is propelled by a highly accomplished team of over 60 pediatrics - specialists devoting themselves to the care of over 100,000 children on an outpatient basis, and approximately 10,000 children as inpatients, annually. BJWHC emerged as India's first independent specialized pediatric hospital, dedicated exclusively to healthcare of children, as recognized by the Indian Academy of Pediatrics.



## St Elizabeth Hospital

Tulsi Trust provides financial support to treat the sick (and deprived) at this hospital in south Mumbai; patients include Adivasis and the orphaned, the homeless and the economically challenged. Ailments like cancer, TB, kidney problems are given priority and patients without documents are aided monetarily. This hospital is run by Angela Rodrigues, Managing Director.

Tulsi Trust pays OPD charges, doctors and medical dues for the very poor and for those who have no documents. Tulsi Trust also partly supports the poor for major surgeries, about Rs 2,00,000 per person. The Trust reaches out to 1500 patients including those coming in from the villages.

## India Relief Foundation (IRF)

IRF, supported by Tulsi Trust, is based in Kalyan, Maharashtra at the base of Malang Gad. The centre is a three-storey building. On Thursdays, the poor and needy from here and the surrounding areas are provided with freshly cooked meals while a doctor also visits the place regularly (it has been provided with a dispensary), helping 200-250 people with basic healthcare facilities. They are referred to a nearby hospital for further treatment, if required. Indian Relief Foundation (IRF)'s work was initiated by Baba Gursahani who was very moved by the conditions of the local population and in fact, his main focus was on lepers and blind people and he also carried out a large number of free medical camps and cataract surgeries. Since the last four years it has established a multi-facility centre including an OPD section for generic medications, pathology laboratory, vision centre, ECG and more. The reach is about 1000 patients a month.

डोळे	दंत सेवा	मेडिकल	ओपीडी
<ul style="list-style-type: none"> <li>डोळ्यांचे रोगांचे तपासणी</li> <li>सुक्ष्मदर्शी इन्फेक्शियांचे कमी किंमतीने करणे</li> <li>कॅटर (१०० रु.)</li> </ul>	<ul style="list-style-type: none"> <li>प्रत्येकासाठी सर्व वेत प्रक्रिया (50% सवलत)</li> <li>कॅटर (१०० रु.)</li> <li>(सिंधीया आरोग्य सुवात)</li> </ul>	<ul style="list-style-type: none"> <li>सर्व प्रकारच्या औषधांचा (20 &amp; 70% सवलत)</li> <li>कॅटर (१०० रु.)</li> </ul>	<ul style="list-style-type: none"> <li>सामान्य वैद्यकीय पाहणी</li> <li>सर्व प्रकारचे इतर संबंधी समस्या</li> <li>कॅटर (१०० रु.)</li> </ul>
एक्स-रे	ब्लड टेस्ट	ई-सी-जी	सेवा
<ul style="list-style-type: none"> <li>एक्स-रे फ्लॅश १०० रु.</li> <li>गोठे/संक्रमण/दोळे छेदणे सुवात</li> <li>जलपावणे/संक्रमण/दोळे/कॅटर</li> <li>(सिंधीया आरोग्य सुवात)</li> </ul>	<ul style="list-style-type: none"> <li>मदतीच्या दान तपासणी</li> <li>सर्व प्रकारच्या हल तपासणी</li> <li>कॅटर/दोळे/कॅटर/दोळे/कॅटर</li> </ul>	<ul style="list-style-type: none"> <li>ईसीजी २०० रु.</li> <li>ऑर्थोपेडिया/सर्व</li> <li>मोठे/सर्व/कॅटर/दोळे/कॅटर/दोळे/कॅटर</li> <li>सर्व सामान्य हल तपासणी</li> </ul>	<ul style="list-style-type: none"> <li>सुवा</li> <li>सुवा</li> <li>सुवा</li> <li>सुवा</li> <li>सुवा</li> </ul>



## Parkinson's Disease and Movement Disorder Society (PDMDS)

PDMDS is a prominent organization that works toward improving the lives of those with Parkinson's disease which is a neurological disorder caused by a reduction in the number of brain cells, particularly those that produce dopamine. PDMDS is present in 24 states. They include a team of five physiotherapists, five psychologists, and seven social workers in Mumbai alone. At present, they have 10 offline centers. They also conduct more than 50 online sessions attended by people from Mumbai, Thane, and Navi Mumbai. Tulsi Trust supports the PDMDS centre at Borivali where 100+ people with Parkinson's receive the service.



## SRCC Children's Hospital

Mr. Sunder Chanrai supports 12 pediatric orthopedic surgeries done at SRCC Children Hospital with the help of Dr. Chasanal Rathod who is a leading Pediatric Orthopedic Surgeon based in Mumbai, and she has a keen interest in Neuromuscular Disorders, mainly Cerebral Palsy, Gait Analysis, and Deformity Correction. She performs surgeries like clubbed feet, knock knees, wry neck, Bilateral DDH, toe walking, cerebral palsy, etc. Apart from SRCC, she is also associated with Bhaktivedanta Hospital in Mira Road, L. H. Hiranandani Hospital in Powai, Mangal Anand Hospital in Chembur, Ankur Hospital in Virar, and two more hospitals in Malad. She performs a total of 300-350 surgeries in a year through all these hospitals.

## Satya Sai Institute for Higher Medical Sciences, Bangalore

Tulsi Trust supports cardiac surgeries done at the hospital for the poor and needy patients. SSIHMS was started by Bhagawan Sri Sathya Sai Baba in the year 2001. Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield is a 4th such venture of Sri Sathya Sai Central Trust, to provide the best, high quality medical and surgical care to the poorest of the poor patients, free of cost, without any discrimination based on caste, creed or nationality. It is a 333-bed tertiary care hospital in Bangalore, Karnataka.



**1,589**  
Patients

Offered Medical Assistance  
of 28,26,090 Rupees



# 4 EDUCATION AND SKILLS DEVELOPMENT

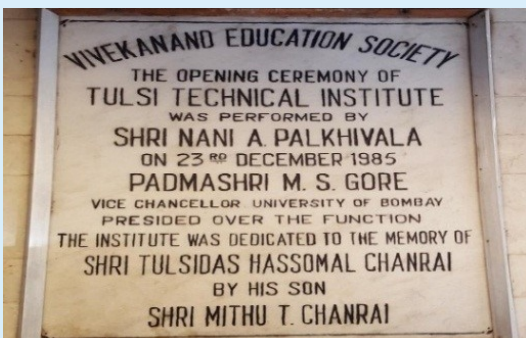
Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs and habits. Tulsi Trust strongly believes that education is a powerful tool for development. It has supported education for individuals who are financially constrained and others for alternative education who have no access and resources for mainstream.

Skills and knowledge are the motivating forces of financial growth and community development of any country. They become even more important given the increasing pace of globalization and technological changes. Skill building can be viewed as a device to improve the efficacy and contribution of labour in overall production. It is an important ingredient to push the production possibility frontline/outward and to take the growth rate of the economy to a higher level. Skill building could also be seen as an instrument to empower the individual and improve his/her social acceptance.

In skills development, we support programs focusing on various skill-training and livelihood development projects. These include either short-term certificate programs, vocational training courses or long-term diploma courses ranging from three months to two years. We also ensure that those who complete the course get meaningful employment in the same sector.

## Tulsi Technical Institute

Tulsi Trust supports programs of skill training and livelihood development which include short-term, vocational training and diploma courses at Tulsi Technical Institute to help the student get better employment. It is part of the Vivekananda Education Society, Chembur, Mumbai, whereby Tulsi Trust provided its construction cost. This is a government recognized college providing two-year diploma courses in banking and insurance, marketing and sales, catering, hospitality, radio repairing, electric wiring, motor winding, television repair services, etc. It provides support for upgradation of laboratories and imparting two-day workshops (training) to facilitate employment. To encourage students, Tulsi Technical Institute rewards the first three students who excel in their studies. Also, lectures are organized by outside teachers to help the students in various subjects as well as train them in writing their resume appropriately. Etiquette classes are also conducted.



## Tulsi Villages

At Coimbatore, Tulsi Trust has supported several educational programs in the villages by providing education and scholarships. The objective of Tulsi Trust is to help the needy and deserving children/youth to have access to good education with a special focus on the girl child, children from rural and tribal areas while providing technical and infrastructure support to ensure quality education. The main emphasis of Tulsi Trust is to provide education. There are some mentors, part of the village, who are given the means to enhance education and tuitions at a higher level for mainly the girl child. These classes are taken up in the evenings. Skills and education, apart from being a necessity, are the most important factors for financial growth and community development of the country.



## Sunshine Trust

Tulsi Trust supports Sunshine Trust which was established in 1994 for the Sindhi community spread all over India post-Partition. Sunshine Trust is working in 12 cities in India. It assists those who seek to be self-sufficient by donating handcarts, sewing machines and other allied equipment, helping them move forward economically. Sunshine Trust helped raise the living standard of Sindhis and reduce the number of those living in poverty.



## Individual Education Support

Support towards the fees for students up to Rs. 10,000 per year (for those who cannot afford due to financial constraints) are referred to by close associates. Preferably support is given to the education of girls.



**518**  
**Students**  
supported for education  
and skills development

**12**  
**Young Achievers**  
Young Talent Awards



# 5 GRACEFUL LIVING

**A Project of Tulsi Trust for Senior Citizens:** Graceful Living is committed to supporting seniors in experiencing ageing as a positive and meaningful journey. Our project addresses the medical, social, emotional, psychological and social care needs of older adults, creating an environment where they feel supported, valued, and empowered. The past year has been a remarkable period of growth and activity for Graceful Living, as we expanded our programs and deepened our impact on the senior community.

## Key Activities and Achievements



1

### Support Group Meetings

This year, we conducted a total of 42 Support Group Meetings in Senior Citizens Associations and Old Age Homes. These meetings covered topics such as Gerontology, Successful Ageing and Brain Gym Exercises while providing space for seniors to connect and learn.



2

### Technology Sessions

Mrs. Mansi Golwalkar and Sakshi Kadam led five basic and advanced technology sessions for older adults, helping them navigate and use technology to stay connected and informed.



### Special Online Sessions

Graceful Living organized six special online sessions, featuring topics like the Power of Positive Thinking, Music Therapy, the Power of Handwriting, Su Jok Therapy, and Mobile-related Doubt Solving Sessions. These sessions were well-received and provided valuable insights to our participants.



### Guest Lectures

We hosted six Guest Lectures with esteemed speakers such as Dr. Devang Shah, Dr. Joy Desai, Dr. Mazda, Dr. Cyrus Mehta, Dr. Sudeshana Ray, and Dr. A.K. Sengupta. These lectures covered a range of topics relevant to senior health and well-being.



### Webinars

A series of five webinars were conducted on subjects like Importance of Counselling, Hypertension in Older Adults, Understanding Parkinson's Disease, Combating Loneliness, and Issues Faced by Senior Women. These webinars provided crucial information and support to our senior community.



### Youth Sensitization Sessions

We reached to a total of 1928 children through nine Youth Sensitization sessions conducted in schools and colleges in Mumbai. These sessions aimed to raise awareness and foster empathy towards the elderly.



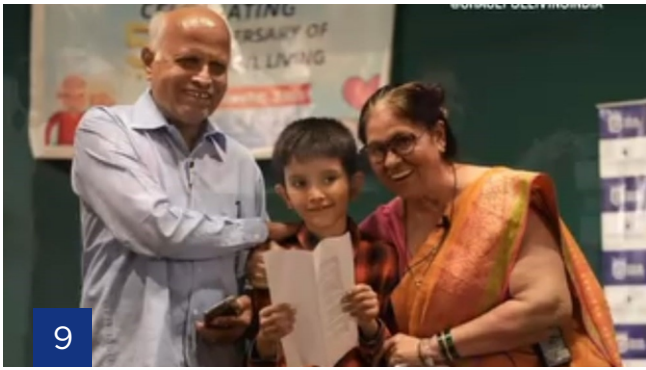
### Elder Companionship Course

The 4th batch of the Elder Companionship Course was successfully completed at Smt. MMP Shah College, Matunga in 2023-2024. The main purpose of this course is to equip students with skills to support and engage with older adults effectively.



### Volunteer Training Program

The Volunteers Training Program was organized on 8th and 9th September 2023 at Prabodhan Prayog Ghar - Kurla; 77 seniors from different senior associations participated in the program. The purpose of this program was to prepare and equip seniors with skills that are needed for volunteering work.



9

### Grandparents' Day

This was celebrated on 9th and 10th September 2023 at Parle Tilak English Medium School. Around 500 grandparents participated in this program on both the days. Cardiometabolism exercises for both body and mind were taught to the seniors and they also played some fun games. Students were shown a film called 'What is that' to sensitize them towards seniors.



10

### Graceful Living Annual Day

Graceful Living's fifth annual day program was held at Malbari Hall, Mumbai. Mr. Shyam Singhanian, Managing Trustee of Nana Nani Foundation, was the Chief Guest and Mr. Prakash Borgaonkar, Ex-Director, HelpAge India were the Guests of Honour. A cultural program involving music and inter-generational performances done collectively by grandchildren and grandparents were performed.



11

### Collaborations and Partner Sessions

Our partners, including PRAJ-The Rehab Sphere and Echoing Healthy Ageing, conducted 13 sessions, contributing to our mission of promoting healthy ageing. We also collaborated with other organizations like MPOWER and Yogasavi Wellness Neuro Yoga for three additional sessions.



12

### Survey of Seniors Living Alone

To better understand the needs of seniors living alone, we conducted interviews with 80 seniors through representatives from senior citizens associations and local authorities. This survey revealed that many of these seniors are actively engaged in various activities to keep themselves busy and combat loneliness.



**5,492**

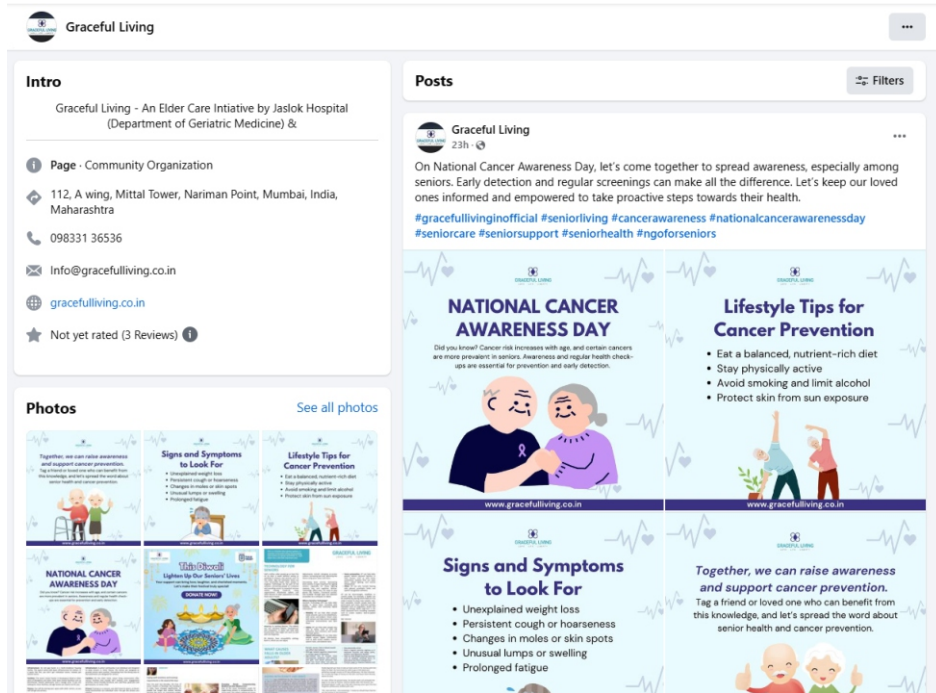
**Senior Citizens**

Enabled to live fulfilling lives through Graceful Living

## Social Media

Graceful Living has a social media presence with its own Facebook, Instagram sites. These pages contain information about all the programs and activities conducted by Graceful Living. Graceful Living also has its YouTube channel. We share the webinars and guest lectures on our YouTube channel so people can listen to it later and share it with others.

GL team gets at least 40-50 new leads every month from social media which involves enquiries about Graceful Living and people who would like to become a part of it.



## Publications

Graceful Living prints/ publishes a Newsletter every month – these are all related to and for the benefit of seniors - carrying information and articles by medical professionals, psychologists, counsellors and others associated with eldercare. Apart from physical copies, they are also put up on our GL site. The annual issue of Graceful Living with articles written by all well-known professionals is published every January.





## CONCLUSION

The year 2023-2024 has been a period of meaningful engagement and expansion for Graceful Living. Our efforts to support and empower seniors have been enriched by the dedication of our team, the enthusiasm of our participants, and the invaluable contributions of our partners. We are committed to continuing this journey, ensuring that all senior ageing experiences are positive and meaningful phases of life. Thank you for your continued support and engagement with Graceful Living.



Reflecting on our progress, we are proud of the positive impact we have made:

**1,88,950** People  
**Feeding Project**  
In collaboration with  
our partners

**1,589** Patients  
**Medical Assistance**  
Offered medical aid of  
28,26,090 Rupees

**5,492** Senior Citizens  
**Elderly Support**  
Enabled 5,492 senior citizens  
to live fulfilling lives through  
Graceful Living

**480** Families  
**Ration Kit Distribution**  
Through our partners

**518** Students  
**Supported for Education  
and Skills Development**

**12** Young Achievers  
**Young Talent Awards**

## 2023-24 IN A NUTSHELL

# TULSI TRUST

Annexure "E"

## NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH, 2024

### **Significant Accounting Policies :**

- 1 **System of Accounting:**
  - a) The trust generally follows Cash System of Accounting based on the fundamental accounting assumptions viz, going concern, consistency etc.
  - b) Financial statements are prepared on historical cost conventions without taking into consideration the impact of the changing value in the purchasing power of money.
- 2 **Recognition of Income & Expenditure :**

The basis of accounting followed by the Trust is Cash, wherein the revenue and related assets are recognised when received rather than when earned and all expenses are recognised when paid rather than when the
- 3 **Immovable & Movable Property ( Property, Plant & Equipment)**

Property, Plant and Equipment are stated at Written Down Value less Depreciation for the year. The Cost of Property, Plant and Equipment comprises of purchase price, taxes, duties, freight and other incidental expenses in relation to acquisition and bringing the Property, Plant and Equipment for their intended use.
- 4 **Intangible Assets :**

The Trust does not have any Intangible Assets.
- 5 **Depreciation :**

Depreciation is charged on written down value basis at rates considered appropriate by the Trustees considering the useful life of the Assets.
- 6 **Foreign Currency Transactions:**

Transactions in foreign currency are recorded at the exchange rates prevailing at the date of the transaction.
- 7 **Investment :**

The Trust does not hold any Investment
- 8 **Employee Benefits :**
  - (i) Short term benefits are recognized as an expense in the Statement of Income and Expenditure of the year in which related services are rendered.
  - (ii) Defined Contribution Plan:

A defined contribution plan is a post-employment benefit plan under which the Trust makes contribution to Employee's Provident Fund, administrated by the Government. The statutory provisions of Employee's Provident Fund contribution for post employment benefit are not applicable to the Trust and accordingly the
  - (iii) Defined Benefit Plan:

Gratuity liability is a defined benefit obligation and is recognised as an expense in the Income and Expenditure Account of the year in which payment is made.
- 9 **Borrowing Costs :**

Borrowing costs that are attributable to the acquisition or construction of qualifying assets are capitalized as part of the cost of such assets. A qualifying asset is one that necessarily takes substantial period of time to get ready for its intended use. All other borrowing costs are charged to Income and Expenditure Account.



*Handwritten signature*



# TULSI TRUST

Annexure "E"

## NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH, 2024

### **Significant Accounting Policies :**

10 **Leases :**

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to lessee. All other leases are classified as operating leases.

Lease arrangements where the risk and rewards incidental to ownership of an asset substantially vest with the lessor are recognized as an operating lease. Lease rentals under operating lease are recognised in the profit & loss account on accrual basis.


11 **Provision, Contingent Liabilities and Contingent Assets:**

Provisions involving substantial degree of estimation in measurement are recognized when there is a present obligation as a result of past events and it is probable that there will be an outflow of resources. Since the Trust follows Cash System , no provisions are recognised. Contingent Liabilities are not recognized but are disclosed in the Notes on Financial Statements. Contingent Assets are neither recognized nor disclosed in the financial statements.

12 **Additional Notes :**

- (i) Trust has filed necessary change report with the office of Charity Commissioner on 11th April 2019, Mumbai for taking on record the immovable property situated at Nalla Sopara, Palghar, Maharashtra. No order in respect of said change report has been passed till date by the office of Charity Commissioner, Mumbai,
- (ii) The Trust is a Level IV entity as per the criteria for classification of non-company entities for the purpose of applicability of Accounting Standards issued by the Institute of Chartered Accountants of India. Accordingly, the Trust has complied with the Accounting Standards as applicable to Level IV entity.



  
Trustee

**SCHEDULE - VIII**

[Vide Rule 17 (1)]

The Maharashtra Public Trusts Act, 1950  
Name of the Public Trust: **TULSI TRUST**  
Balance Sheet As At **31st March, 2024**

Registration No. E-6088(MUMBAI)  
(Amount in Rupees)

FUNDS & LIABILITIES		Amount	Amount	PROPERTY AND ASSETS		Amount	Amount
<b>Trusts Funds or Corpus :-</b>				<b>Immovable Properties :- (Annexure A)</b>			
Balance as per last Balance Sheet		4,530,892		Balance as per last Balance Sheet		67,899	
Additions during the year		-	4,530,892	Additions during the year		-	
				Less : Sales during the year		-	
				Depreciation for the year		3,395	64,504
<b>Other Earmarked Funds :-</b>				<b>Investments :-</b>			
(Created under the provisions of the trust deed or scheme or out of the Income)				<b>Movable Properties :- (Annexure A)</b>			
Depreciation Fund		-		Balance as per last Balance Sheet		82,818	
Sinking Fund		-		Additions during the year		35,500	
Reserve Fund		-		Less : Sales during the year		-	
Any other Fund		-		Depreciation for the year		26,983	91,335
<b>Loans (Secured or Unsecured) :-</b>				<b>Loans (Secured or Unsecured) : Good / doubtful</b>			
From Trustees		-		Loans Scholarships		-	
From Others		-		Other Loans		-	
<b>Liabilities :-</b>				<b>Advances :-</b>			
For Expenses		-		To Trustees		-	
For Advances		-		To Employees		-	
For Rent and Other Deposits		-		To Contractors		-	
For Sundry Credit Balances		-		To Lawyers		-	
				To Others		-	
<b>Income and Expenditure Account :-</b>				<b>Income Outstanding :-</b>			
Balance as per last Balance Sheet		747,318		Rent (Deposit)		-	
Less : Appropriation, if any		-		TDS Receivable		25,425	
Add/(Less) : Surplus/(Deficit) as per Income and Expenditure Account		-		Advance Receivable		-	
Less : Deficit Expenditure Account		(3,321,686)	(2,574,368)	Telephone Deposit		25,000	50,425
<b>Total</b>			<b>1,956,524</b>	<b>Cash and Bank Balance :-</b>			
				(a) (i) In Savings Bank Account		1,741,488	
				(a) (ii) In Fixed Deposit Account		-	
				(b) With the Trustee		-	
				(c) With the Manager		8,772	1,750,260
<b>Total</b>			<b>1,956,524</b>	<b>Total</b>			<b>1,956,524</b>

Significant Accounting Policies (Annexure "E")  
See Accompanied Annexures (Annexures "A" to "E")

As per our report of even date  
For **Bhagwagar Dalal & Doshi**  
Chartered Accountants  
Firm Reg. No. 128093W



**Jatin V. Dalal**  
Partner  
Membership No. 124528

Place: Mumbai  
Date: 13/09/24

**Income Outstanding :**  
(If accounts are kept on cash basis)  
Rent : Nil  
Interest : Nil  
Other Income : Nil  
Total Rs. : Nil

The above Balance sheet to the best of my/our belief contains a true account of the funds and liabilities and of the property and assets of the Trust.

\_\_\_\_\_  
Trustees

Place: Mumbai  
Date: 13/09/24



The Maharashtra Public Trusts Act, 1950

**SCHEDULE - IX**  
[Vide Rule 17 (1)]

Name of the Public Trust: TULSI TRUST  
Income and Expenditure Account for the year ended 31st March, 2024

Registration No. E-6088(MUMBAI)

(Amount in Rupees)

EXPENDITURE	Amount	Amount	INCOME	Amount	Amount
To Expenditure in respect of properties :-			(accrued)		
Rates, Taxes, Cesses	-		By Rent		-
Repairs and maintenance	-		(realised)		
Salaries	-		(accrued)		
Insurance	-		By Interest		
Depreciation (by way of provision of adjustments)	-		(realised)		
Other Expenses	-	-	On Securities	-	
To Establishment Expenses (Annexure B)		957,498	On Loans	-	
To Remuneration to Trustees		-	On Bank Account Saving Accounts	210,962	210,962
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any		-			
To Legal Expenses		-	By Dividend		-
To Audit Fees		88,500	By Donations in Cash or Kind (Annexure D)		22,431,884
To Contribution and Fees		-	By Grants		-
To Amount written off :			By Other Income		
(a) Bad Debts	-		Graceful Living Project		
(b) Loan Scholarship	-		- Advertisements	36,000	
(c) Irrecoverable Rents	-		- Subscription Fees	1,000	
(d) Other Items	7,553	7,553	- Counselling Fees	1,500	38,500
To Miscellaneous Expenses		-			
To Depreciation (Annexure "A")		30,378			
To Amount transferred to Reserve or Specific Funds		-			
To Expenditure on Objects of the Trust (Annexure "C")			By Deficit carried over to Balance Sheet		3,321,686
(a) Religious	-				
(b) Educational	1,000,402				
(c) Medical Relief	5,585,058				
(d) Relief of Poverty	15,299,110				
(e) Other Charitable Objects	3,034,533	24,919,103			
To Surplus carried over to Balance Sheet					
<b>Total</b>		<b>26,003,032</b>	<b>Total</b>		<b>26,003,032</b>

Significant Accounting Policies (Annexure "E")  
See Accompanied Annexures (Annexures "A" to "E")

As per our report of even date  
For Bhagwagar Dalal & Doshi  
Chartered Accountants  
Firm Reg. No. 128093W

Jatin V. Dalal  
Partner  
Membership No. 124528

Place: Mumbai  
Date: 13/09/24



*[Handwritten signatures]*  
Trustees

Place: Mumbai  
Date: 13/09/24





**TULSI  
TRUST**  
DEVELOPMENT FOR ALL

**Tulsi Trust**

112A, Mittal Tower  
Nariman Point, Mumbai - 400 021  
+91-22-22842006  
info@tulsitrust.org  
[www.tulsitrust.org](http://www.tulsitrust.org)