



Humanity  
at our core

TULSI TRUST  
**ANNUAL  
REPORT**  
2024-2025



**TULSI  
TRUST**  
DEVELOPMENT FOR ALL

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**TULSI TRUST**  
DEVELOPMENT FOR ALL

**Tulsi Trust** was founded in August 1975 by Mr. Mithu Chanrai in memory of his father, Mr. Tulsidas Chanrai. As a charitable organisation, we are dedicated to supporting the United Nations' Sustainable Development Goals (SDGs), especially in the areas of poverty reduction, hunger elimination, and quality education. Our mission also supports our nation's priorities of employment, economic growth, and poverty alleviation.

Tulsi Trust is committed to more than just carrying out public service activities — we are guided by a strong sense of moral responsibility and integrity, always aiming for excellence in everything we do.

Our main focus areas **5**

**3**

**Health - Medical Support**

Ensuring access to quality and affordable healthcare for underserved communities



**4**

**Education and Skills Development**

Empowering deserving students through educational support and skill-building opportunities



**2**

**Support to Destitutes**

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



**1**

**Feeding the Poor - End of Hunger**

Nourishing lives by providing essential meals to those in need



**5**

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

Promoting dignity and well-being for senior citizens through holistic care and community engagement



# 50 YEARS

We are committed to supporting the Global Sustainability Goals set at the 2015 UN Summit, with a focus on ending hunger, providing healthcare support, and ensuring access to education for all by 2030. Our impactful initiatives are made possible through strong partnerships and the continued support of the Chanrai family.

## **Bridging Hope, Transforming Lives**

Tulsi Trust proudly celebrated 50 Years of Impact in August 2025 — a golden journey of compassion, service, and transformative change

## **Vision**

Tulsi Trust envisions a world that is fair and just for everyone

## **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**      Trying to understand what the person feels, putting ourselves in their shoes

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

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**Integrity**      A high sense of honesty clubbed with moral values

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Humanity  
at our core

# 1

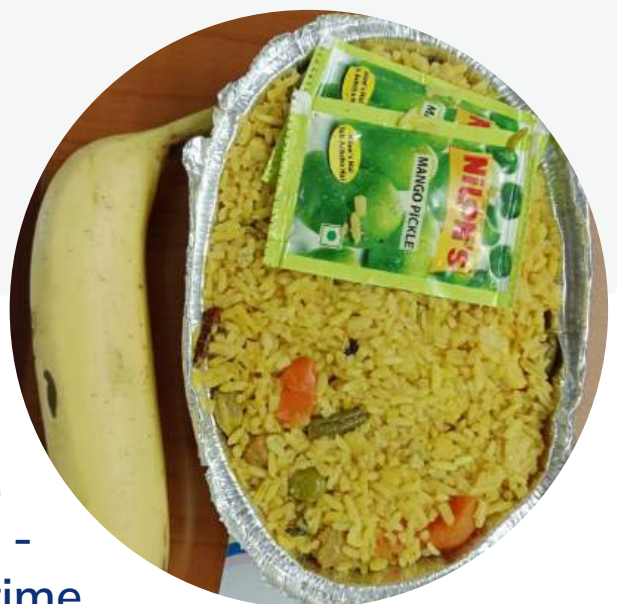
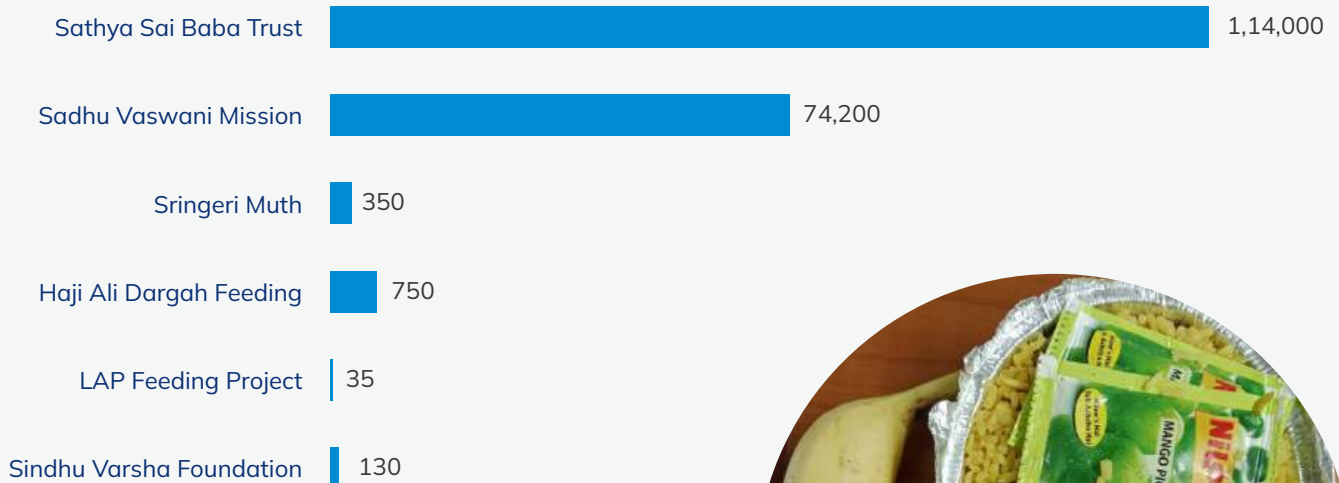
# Feeding Projects



Feeding projects are essential efforts that help meet the basic needs of vulnerable and underprivileged communities. These initiatives provide regular, wholesome meals to people who face food shortages due to poverty, unemployment, disability, or other social and economic hardships. Food insecurity has a serious impact on health, well-being, and overall quality of life. For many in low-income communities, getting enough healthy food is a daily challenge. Feeding projects play a key role in reducing hunger, improving health, and supporting better quality of life for those in need.

We believe compassion is not just a feeling - it is an action

## Feeding Project with Partners (FY2024-25)



In a world of plenty,  
hunger is the greatest injustice.  
We work to change that -  
one meal at a time

1

## Sathya Sai Baba Trust (SSBT), Mumbai –

Since 2020, Tulsi Trust has been honoured to partner with the Sathya Sai Baba Trust (SSBT), Mumbai, in their heartfelt mission to serve the underprivileged through a dedicated community kitchen. This collaboration is built on a shared belief: that every person deserves to be treated with dignity, and no one should go hungry. Founded in 1972 by Bhagawan Sri Sathya Sai Baba, SSBT is a spiritual and charitable organisation committed to uplifting lives through education, healthcare, poverty relief, and public service. As part of its food distribution initiative, SSBT prepares and delivers freshly cooked, nutritious meals to people living in slum communities, as well as to institutions that care for the elderly and destitutes across Mumbai's western suburbs.

Through this joint effort with Tulsi Trust, SSBT distributes 750 meals every weekday (Monday to Friday) and 1,250 meals on weekends (Saturday and Sunday). Every meal served is not just food on a plate—it is a gesture of love, care, and hope for a better tomorrow. Together, we are nourishing bodies, uplifting spirits, and creating a community where no one is left behind.



2

## Sringeri Muth, Chennai –

At Sringeri Muth, Chennai, Tulsi Trust is extending a lifeline to 350 visually impaired and underprivileged families by providing essential monthly ration kits. These families often travel from 5–6 neighbouring districts across Tamil Nadu—some making long, difficult journeys—to collect their kits. Their unwavering determination is a moving reminder of just how vital this support is to their survival, dignity, and well-being. This is not just a food distribution program. It is a promise of care, consistency, and compassion, ensuring that those most in need are not forgotten. Every kit is carefully prepared to support a family of four and is handed over with the same warmth and respect we would offer to our own loved ones.



## 3

### Sadhu Vaswani Mission, Pune

The Sadhu Vaswani Mission, founded in 1929, is a non-sectarian, non-profit organisation headquartered in Pune, India, with over 60 centres 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, Tulsi Trust has been supporting the distribution of 300 meal packets daily 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.



## 4

### Haji Ali Dargah Feeding, Mumbai

Tulsi Trust serves freshly cooked meals to the poor and homeless outside Haji Ali Dargah in Mumbai every Tuesday, Thursday, and Saturday, as well as daily during the month of Ramadan. This initiative ensures that 150 to 200 adults and children receive wholesome, hot meals three times a week. The aim is not only to provide food but also to offer the comfort and dignity of a wholesome meal. These feeding projects play a key role in reducing hunger, supporting better health, and improving the overall quality of life for those who are poor and in need.



## 5

## LAP Feeding Project, Tamil Nadu

At the Government Leprosy Centre (GLC), Tirumani, people from across Tamil Nadu—each with a story of hardship—have come together to form something truly special: a family built not by blood, but by shared experience and compassion. Many residents were once abandoned or left without care. But today, thanks to the unwavering support of Tulsi Trust, they have found comfort, care, and a deep sense of belonging. Here, no one is just a beneficiary. Every individual is treated with respect, dignity, and love, like a cherished member of a family.

The emotional and physical gaps once left by absent families or institutions are now filled with warmth and togetherness. The Government of Tamil Nadu has played a vital role in rescuing and supporting these lives over the years. Now, Tulsi Trust carries this responsibility forward by ensuring that every resident receives the essentials—nutritious food, shelter, clothing, and healthcare—with compassion and dignity. Together, they are not just surviving—they are living as a community that uplifts and stands by each other, regardless of age, background, or ability.



## 6

## Sindhu Varsha Foundation, Ulhasnagar

Tulsi Trust stands in solidarity with some of Ulhasnagar's most vulnerable residents—widowed and impoverished women who face life with quiet strength and little support. In partnership with the Sindhu Varsha Foundation, we provide free monthly dry ration kits to 130 such women, offering not just food but a sense of security and care. Many of these women live alone, with limited or no family to rely on. Identified through a thoughtfully compiled list of the most at-risk members of the Sindhi community, each beneficiary receives an SVF Ration Card, ensuring consistent and dignified access to this essential support.

Every month, each woman receives a carefully packed dry ration kit, sufficient for a family of four. This ongoing support is part of Tulsi Trust's annual commitment to uplift those who have been left behind. This initiative is about more than meeting basic needs. It is a message of empathy and belonging—a reminder that they are seen, valued, and not alone. Through this partnership, we aim to restore dignity, bring comfort, and renew hope in the lives of women who have endured profound loss with unwavering grace.



# 2

# Support for Roadside Destitutes



Roadside destitutes are individuals living in extreme poverty, often found on the streets, including the homeless, neglected, abandoned, sick, lepers, and those who beg out of sheer necessity. These people face countless hardships, frequently lacking the support or hope they need due to societal neglect or systemic issues. Addressing their needs is essential for building a more compassionate and just society. Supporting roadside destitutes is both a moral imperative and a practical necessity. Tulsi Trust's collaboration with organisations like Missionaries of Charity and Jeevan Anand Sanstha (JAS) reflects a deep commitment to helping society's most vulnerable members. Through both immediate relief and long-term support, these efforts not only help individuals survive but also offer a path to dignity, hope, and eventual reintegration into society.

## 1

### Missionaries of Charity (Mother Teresa Centres)

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 the past supported the construction of five such centres. One centre in Mumbai (Shanti Daan), one at Navi Mumbai (Prem Daan), two centres at Pune, Wakad and Chinchwad area and one at Goa. Tulsi Trust continued its support to four centres in Mumbai and three centres in Pune. Tulsi Trust generally gives support for construction, repairing, painting, equipment, medical support, etc. Usually, the centre in charge shares its needs and then we ask them to get the quotations from the appropriate vendor through their contacts.

Tulsi Trust is now supporting 7 projects:

1 Shanti Daan

2 Wakad

3 Pimpri

4 Tadiwala

5 Vile Parle

6 Byculla

7 Santacruz

1 Shanti Daan, MoC, Borivali, Mumbai



2 Prerana Bhavan, MoC, Wakad, Pune



3 Mother Teresa Home, Pimpri, Pune



4 MoC, Tadiwala Road, Pune City



5 Shishu Bhavan, MoC, Vile Parle, Mumbai



6 Asha Daan, MoC, Byculla, Mumbai



## 2

### Jeevan Anand Sanstha (JAS)

JAS is a public charitable organisation founded in 2013, dedicated to serving the destitute, orphans, physically and mentally challenged individuals, and senior citizens. With 10 centres across Mumbai, Maharashtra, and Goa, JAS provides food, shelter, and development well-being to those in need. The JAS team works closely with roadside destitutes, focusing on temporary rehabilitation. Individuals with severe wounds or medical emergencies are brought to their Day/Night Shelters in Khar (male) and Santacruz (female). There, they receive immediate care, nutritious meals, and assistance in locating their families. If no family members can be traced, JAS explores long-term rehabilitation options, transferring individuals to permanent homes like Samarth Aashram in Virar or Sanvita Aashram in Kudal, Sindhudurg. JAS also focuses on the welfare of children at its Kudal Aashram, offering both shelter and educational support to foster their growth and development.



Their stories are often unheard,  
but their pain is very real. We  
choose to listen, and we act



# Healthcare Support

## Medical Assistance



### Healing Communities, Transforming Lives:

At Tulsi Trust, health is at the core of everything we do. Our mission is clear: to bring healing, care, and support to those who need it most. We focus on helping vulnerable communities by providing more than just medical treatment—we offer hope and a path to a healthier life. From working to eliminate preventable blindness to delivering essential healthcare services, Tulsi Trust is dedicated to improving lives and strengthening communities through better health.

### Our Key Focus Areas:

**Comprehensive Healthcare Services:** We partner with hospitals such as St. Elizabeth Hospital to provide a full range of medical care, from basic treatments to critical surgeries. St. Elizabeth serves people from remote tribal areas, as well as street dwellers and underserved urban and rural populations. With quality, affordable healthcare, the hospital has become a vital support system for many.

### Partnerships with Leading Hospitals

Tulsi Trust collaborates with well-known other hospitals like Jaslok Hospital and Wadia Hospital to offer specialised medical care. Jaslok provides advanced treatment for critical illnesses, St. Elizabeth supports underserved communities, and Wadia focuses on maternal and child health. Through these partnerships, we aim to ensure that quality healthcare reaches everyone in need.

## IMPACT STORIES

### CASE STUDY 1

#### Restoring Dignity and Hope – The Story of Maruti Pawar

Maruti Pawar, a daily-wage worker living with his wife and daughter on the footpath under the Kemps Corner Bridge, struggled for survival during the peak of the COVID-19 pandemic. When public movement was restricted and hospitals overwhelmed, Maruti met with a life-changing accident, he was hit by a speeding scooter while crossing the road for a free meal. The driver fled, leaving him severely injured.

Maruti managed to reach J.J. Hospital, but due to the COVID surge, he received only basic first aid and was sent back. With no shelter or medical care, he remained on the footpath in pain for several days. On 30 August 2022, interns from Nirmala Niketan College of Social Work, posted at St. Elizabeth's Hospital, spotted him in distress and immediately intervened. He was brought to St. Elizabeth's, examined, and operated on by Dr. Rajesh Chauhan. All his postoperative treatment and medicines were fully supported by the Tulsi Trust Fund, ensuring free and comprehensive care.

With medical and emotional support, Maruti recovered and moved from the unsafe footpath to Nalasopara, gaining a safer living environment for his family. He has since resumed daily-wage work and is rebuilding his life with dignity. This case reflects the extreme vulnerabilities of the homeless during the pandemic and demonstrates how timely social work intervention and charitable medical support can transform lives.



## CASE STUDY 2

### A Life Saved Through Compassion and Critical Care – Manoj Paswan

Mr. Manoj Surendra Paswan, a 37-year-old domestic worker earning ₹11,000 per month, supported his wife, young child, and blind mother. On 13 November 2023, he suddenly collapsed at the entrance of St. Elizabeth's Hospital after vomiting blood. Recognizing the urgency, Sr. Sarla, Head of the Hospital, immediately arranged ICU admission, ensuring treatment began without delay or financial barriers.



Under the care of Dr. Rohan Sequeira, Manoj was diagnosed with Dengue Haemorrhagic Fever, severe thrombocytopenia, encephalitis, and Type-1 respiratory failure. His condition worsened due to multiple infections, leading to acute liver and kidney failure, requiring high-end medications and lifesaving haemodialysis under Dr. Vijay Patel. With no financial resources, Manoj's family faced the risk of treatment being discontinued. The Hospital Social Worker intervened, mobilizing donors whose timely contributions ensured uninterrupted ICU care, dialysis, and multiple blood product transfusions.

After nearly eight weeks of intensive treatment, Manoj made a remarkable recovery and was discharged on 6 January 2024. He has since regained full health and is now employed as a driver, once again supporting his family. Manoj's story demonstrates the impact of timely medical intervention, multidisciplinary teamwork, and the compassion of donors—restoring not only a patient's life but the wellbeing and dignity of an entire family.

## CASE STUDY 3

### A Life Saved Through Compassion and Critical Care – Manoj Paswan

Mr. Amit Bastiao Fulya, 43, arrived at St. Elizabeth's Hospital with chest heaviness, dizziness, and high blood pressure. With no history of chronic illness, doctors Dr. Rohan Sequeira (General Medicine) and Dr. Gita Dore (Psychiatry) identified that his physical symptoms were driven largely by severe emotional stress.



Amit had faced years of personal crisis. While working at sea, his wife gave birth to twins—one passed away and the other required ongoing medical care. His father's death, his mother's prolonged illness, and deep financial instability further intensified his psychological distress. Working on a fishing boat for irregular wages, he struggled with anxiety, helplessness, and depressive symptoms.

At the hospital, Amit received medical treatment for hypertension, along with psychiatric care for anxiety and depression. Regular counselling from the social worker helped him manage stress, rebuild confidence, and resume work. Given his acute financial hardship, the Tulsi Trust Fund covered his essential medicines and treatment, easing a major burden during his recovery. With continued counselling and multidisciplinary support, Amit has shown significant emotional improvement and has returned to fishing work, though he remains in need of long-term mental-health care.

Amit's journey illustrates how intertwined emotional, social, and financial struggles can manifest as physical illness—and how compassionate, coordinated care can restore stability and hope.



### Jaslok Hospital

A multispecialty hospital in South Bombay - this hospital provides medical care to people from all walks of life. Tulsi Trust extends its support to patients who cannot afford even the most basic medical expenses for medicines, diagnostics, and treatment.

The Trust also partially funds major surgeries, offering up to ₹2,00,000 per patient. Each year, over 1,200 patients receive vital assistance through this initiative.

### Wadia Hospital

Located in the heart of Mumbai, Bai Jerbai Wadia Hospital for Children (BJWHC) is committed to providing quality healthcare to all, regardless of socio-economic status. With a firm belief that top-tier medical care should be accessible to everyone, BJWHC offers state-of-the-art neonatal and pediatric services at affordable rates.

A globally recognized teaching hospital, BJWHC is equipped with 300 beds and a highly skilled team of over 60 pediatric specialists who care for more than 100,000 outpatient children and approximately 10,000 inpatients annually. Established as India's first independent pediatric hospital, it is exclusively dedicated to child healthcare and is acknowledged by the Indian Academy of Pediatrics for its exceptional contributions to pediatric care.



### St Elizabeth's Hospital

Tulsi Trust provides financial support for the treatment of underprivileged patients at a hospital in South Mumbai, run by Managing Director Angela Rodrigues. The beneficiaries include Adivasis, orphans, the homeless, and economically challenged individuals. Priority is given to serious ailments such as cancer, TB, and kidney diseases, with special assistance for those lacking documentation. Tulsi Trust covers OPD charges, medical fees, and treatment costs for the poorest patients and also contributes up to Rs. 2,00,000 per person for major surgeries. Each year, the Trust reaches out to around 1,500 patients, including those from remote villages, ensuring they receive the care they desperately need.

Tulsi Trust supports St. Elizabeth's Hospital with ₹10,00,000. The Patient's Medical Assistance project supports the financial needs of the patients, which is also extended to the communities that are vulnerable, poor and with no access to major finance, such as:

- Patients whose annual income is below ₹2 lakhs and are unable to bear the cost of their treatment.
- The migrants who have no bona fide documents to avail of any government health benefit scheme/program.
- Families from the low to middle income group may be considered, especially those critical cases where they have been on treatment for a prolonged period of time and cannot afford specialised treatment. Also, matriarchal families with no other financial support or source of income from relatives and thus are vulnerable in society.

### Indian Relief Foundation (IRF)

Located at the base of Malang Gad in Kalyan, Maharashtra, Indian Relief Foundation (IRF) is supported by Tulsi Trust to provide essential services to the poor and needy. Every Thursday, freshly cooked meals are distributed to the underprivileged, while a doctor visits the onsite dispensary, offering basic healthcare to 200-250 individuals. Those requiring further treatment are referred to a nearby hospital. IRF was founded by Baba Gursahani, who was deeply moved by the plight of the local community, particularly lepers and the visually impaired. He initiated numerous free medical camps and cataract surgeries to address their needs. Over the past four years, IRF has expanded to a multi-facility centre, now offering OPD services, generic medications, a pathology lab, vision centre, ECG facilities, and more, reaching around 1,000 patients every month.





## Footprints – Dr. Chasanal Rathod – Healing with Heart, Running with Purpose

Dr. Chasanal Rathod is a leading Paediatric Orthopaedic Surgeon based in Mumbai, with a deep commitment to transforming the lives of children affected by neuromuscular disorders—especially Cerebral Palsy. Her expertise lies in Gait Analysis, Deformity Correction, and complex paediatric surgeries such as clubfoot, knock knees, wry neck, bilateral DDH, toe walking, and more. A respected name in her field, Dr. Rathod serves as an Executive Council Member of the Bombay Orthopaedic Society, Dadar – Mumbai. Her passion for medicine goes beyond hospital walls. Moved by the challenges faced by children with Cerebral Palsy, she founded FOOTPRINTS – A Social Initiative, a charitable organisation dedicated to their treatment and well-being

Dr. Rathod's surgical reach spans across several hospitals, including SRCC Hospital (Mahalaxmi), Bhaktivedanta Hospital (Mira Road), L.H. Hiranandani Hospital (Powai), Mangal Anand Hospital (Chembur), Ankur Hospital (Virar), and two hospitals in Malad. Each year, she performs between 300 to 350 life-changing surgeries, ensuring specialised care reaches those who need it most. Her dedication doesn't stop in the operating room. Dr. Rathod is also a passionate marathon runner. Every year, she runs to raise awareness and support for children with Cerebral Palsy—turning every mile into a message of hope and resilience. Through her work, Dr. Rathod is not only healing little feet—she's leaving behind footprints of compassion, strength, and lasting impact.

## Parkinson's Disease and Movement Disorder Society

The Parkinson's Disease & Movement Disorder Society (PDMDS) is an all-India charitable organization established in 2001 by renowned neurologist Padma Shri Dr. Bhim Sen Singhal. Dedicated to improving the quality of life for people with Parkinson's (PwPs), PDMDS offers free, multidisciplinary care including physiotherapy, counselling, speech therapy, and caregiver support. The organisation operates across 24 states through 70 support groups, conducting weekly offline and online sessions tailored to regional languages and cultural contexts. In the year 2024–2025, PDMDS held 8 training workshops and 118 educational programs, significantly expanding awareness and support for Parkinson's care. Its committed team comprises 55 physiotherapists, 7 psychologists, and 24 social workers, implementing a holistic model of care across the country. The Borivali Centre, supported by Tulsi Trust, benefited 628 PwPs and their caregivers through structured biweekly sessions focusing on physical rehabilitation and emotional well-being, continuing to serve as a vital hub for community-based Parkinson's care in Mumbai's western suburbs.



# 4

# Education and Skills Development



Education is a fundamental process that empowers individuals by providing knowledge, skills, values, beliefs, and habits. At Tulsi Trust, we firmly believe that education is one of the most powerful tools for development. We are dedicated to supporting education for individuals who face financial constraints, as well as those who lack access to mainstream education. We understand that skills and knowledge are key drivers of financial growth and community development. In today's world, where globalisation and technological advancements are rapidly transforming industries, acquiring relevant skills is even more vital. Skills development not only improves individual productivity but also contributes significantly to economic progress. It empowers individuals, enhances their social acceptance, and elevates their potential within the workforce. Tulsi Trust actively supports a range of skills development programs, from short-term certificate courses to vocational training and long-term diploma programs. These programs span anywhere from three months to two years, and our commitment extends beyond education—we also ensure that graduates secure meaningful employment in their respective fields. By investing in education and skills development, we aim to create opportunities for individuals to improve their lives and contribute to the broader community.

## Tulsi Technical Institute

Tulsi Trust actively supports skills training and livelihood development programs, offering short-term vocational training and diploma courses at Tulsi Technical Institute. Located within the Vivekananda Education Society in Chembur, Mumbai, the Trust had provided funding for the construction of this government-recognised college. The institute offers a wide range of two-year diploma courses in fields such as banking and insurance, marketing and sales, catering and hospitality, radio repairing, electrical wiring, motor winding, television repair services, and more. These courses are designed to equip students with practical skills that lead to improved employment opportunities. Tulsi Trust supports the Institute's continuous development by upgrading laboratories and organising two-day workshops to further enhance students' employability. To motivate and inspire students, the Trust rewards the top three performers in each cohort, recognising their academic excellence. In addition, external experts are invited to conduct lectures on various subjects, helping students sharpen their knowledge. Etiquette classes are also conducted to prepare students for professional environments, including guidance on creating effective resumé's. Through these initiatives, Tulsi Trust ensures that students are not only educated but are also equipped with the skills necessary to thrive in their careers.





## Sunshine Trust

Tulsi Trust's Support for Sunshine Trust which was established in 1994, focuses on uplifting the Sindhi community across India, particularly those who settled here post-Partition. With a presence in 12 cities nationwide, Sunshine Trust is dedicated to helping individuals achieve self-sufficiency. The Trust provides essential tools such as handcars, sewing machines, and other necessary equipment to empower individuals economically and help them build sustainable livelihoods. Through these efforts, Sunshine Trust has significantly contributed to improving the living standards of Sindhi families and reducing the levels of poverty within the community. With Tulsi Trust's continued support, Sunshine Trust works tirelessly to create opportunities and foster long-term economic independence for those in need.

## Individual Education Support

At Tulsi Trust, we believe that every child deserves the chance to learn, grow, and dream—regardless of their financial circumstances. Through our Individual Education Support initiative, we offer annual assistance of up to ₹10,000 to each student facing economic hardship. For many, this is more than just financial help. It is a spark of hope, a reminder that someone cares, and a step towards a brighter future. It gives children the confidence to stay in school, pursue their goals, and believe in their own potential. To ensure our support reaches those who need it most, students are referred through trusted associates who understand the challenges on the ground. We place a special focus on supporting girls' education, knowing that when a girl learns, her entire community moves forward. With every student we support, we are not just funding education—we are investing in a possibility, dignity, and a more equal tomorrow.



A diploma today  
is hope for tomorrow

# 5

# Graceful Living

## Mission

To provide holistic medical, emotional, psychological, and social care services for older adults, promoting dignity, companionship, and active living.

## Vision

To establish a compassionate and sustainable ecosystem where senior citizens experience empowered, purposeful, and graceful ageing.

Graceful Living is a program of Tulsi Trust which came into existence out of a realization that in today's world the senior citizens deserve due care and respect. This project looks at medical, social, emotional, psychological and social care needs of older adults. It focuses on six core services and activities both on an individual level and group levels: Counselling & Companionship, Physiotherapy, Support Group Meetings, Technology Training and Youth Sensitization. During the year 2024–2025, Graceful Living expanded its initiatives by strengthening partnerships with allied organizations and expert individuals while also encouraging senior citizens themselves to take on leadership roles in conducting sessions and volunteering for Graceful Living. Graceful Living also conducted awareness sessions on topics like Dementia, Alzheimer's, Depression, Anxiety, Sleep Disorder and Single Living which are considered to be common problems of older adults. Graceful Living has benefitted 4047 Senior Citizens the current year (2025).

## Key Services Activities and Achievements (2024-2025)



**Companionship Service:** Loneliness is a growing concern among older adults. Our Companionship Service deploys trained volunteers to provide emotional support, assistance with daily tasks, tech guidance, and accompaniment to medical appointments through forming partnerships with different Senior Care organizations. Our Graceful Living team also conducts various activities with them to keep seniors physically and mentally active. Through Companionship services, Graceful Living has reached 96 Seniors this year.



**Counselling Service:** We have conducted Counselling sessions and Cognitive stimulation activities for nine seniors as per needs of seniors. Clinical Psychologist Counselling or therapy sessions were arranged on online and offline levels. Therapy included cognitive stimulation, mental fitness activities for seniors having memory issues and also those with dementia. This year we have collaborated with three more mental health organizations and mental health professionals.



**3**

**Physiotherapy Service:** We have provided 22 individuals physiotherapy services for orthopedic, neurological and cardiovascular conditions; organized online and offline programs to create awareness about needs and benefits of Physiotherapy for Senior Citizens on topics like Fall Preventions and Special Exercises & Movements for Senior Citizens. All individuals who have taken physiotherapy have benefitted from these sessions. This year we have reached out to new physiotherapy professionals and organizations who are specialized in providing physiotherapy services to older adults.



**4**

**Support Group Meetings:** In the current year, 81 Support Group Meetings were conducted across Senior Citizen Associations, Chai-Masti Centers, and Old Age Homes, directly engaging 2,173 seniors. These interactive gatherings served as essential platforms for older adults to connect, exchange experiences, and learn. Topics covered included Music Therapy, Gerontology & Successful Ageing, Life Skills for Senior Citizens, General Knowledge & Bollywood Quizzes, and Brain Gym Exercises. These sessions played a vital role in promoting mental stimulation, social interaction, and emotional well-being among participants.



**5**

**Technology Training Sessions:** To bridge the digital divide and empower seniors in navigating modern technology, Technology Training Sessions were conducted by Mrs. Mansi Golwalkar, Mr. Salil Datar, and Ms. Sakshi Kadam. These sessions equipped participants with skills to confidently use mobile applications, stay digitally connected, and protect themselves from online frauds and scams. A total of 151 seniors benefitted from these informative and interactive sessions, enhancing their confidence and digital literacy.



**6**

**Guest Lectures:** A series of 5 Guest Lectures were hosted, featuring distinguished speakers including Dr. Rajesh Kapse, Mr. Shailesh Mishra, and Mr. Javed Shaikh. The lectures addressed critical topics relevant to senior health, mental wellness, and ageing gracefully; 138 senior citizens participated in these thought-provoking sessions, gaining awareness on essential aspects of elder care and healthy living.



**Webinars:** Graceful Living conducted five focused webinars on pressing topics such as Counselling for Senior Citizens, Dealing with Loneliness, Depression & Coping Mechanisms, and Protection from Online Frauds. These webinars provided accessible platforms for seniors to receive expert guidance and support from the comfort of their homes; 130 participants benefitted from these knowledge-sharing initiatives.



**Youth Sensitization Sessions:** With the aim of fostering empathy and understanding across generations, three Youth Sensitization Sessions were organized in schools and colleges across Mumbai, reaching 218 students. These sessions emphasized the importance of respecting and supporting the elderly, nurturing a culture of inclusion and care for older adults among the youth.



**Elder Companionship Course:** Graceful Living successfully completed the 5th batch of its Elder Companionship Course at Smt. MMP Shah College, Matunga, this year. In this batch there were 50 students for the course. This thoughtfully designed program provided participants with practical skills and empathetic approaches to meaningfully connect with senior citizens, focusing on their emotional well-being and need for companionship. The course had notably impacted 300 students till date, inspiring many to consider elder care as a viable and fulfilling career path. One student secured a job position at Aaji Care, while another was so motivated by the experience that she chose to pursue a Gerontology Course in The United Kingdom.



**Support Group Meetings at Jaslok Hospital:** Towards the end of 2024, Graceful Living proudly revived its Support Group Meetings at Jaslok Hospital, which had been on hold since the COVID-19 pandemic. In collaboration with the hospital, five meetings were conducted on relevant health and wellness topics such as Physiotherapy, Dementia Care, Counselling, Healthy Ageing — Myth or Reality, Brain Gym Exercises, and Cardiomelon Exercises. These sessions provided a vital community space for seniors to learn and interact.



**Seniors Training Seniors Program:** In mid-2024, Graceful Living initiated a training program for senior citizen members who expressed interest in conducting sessions on active ageing - a theme previously led by the Graceful Living team. Additionally, these members were encouraged to conduct sessions in areas of their personal expertise. We trained 10 Seniors and at present, two senior members are actively leading sessions and receiving positive feedback from participants. The sharing of age and life experiences has created a meaningful connection between the facilitators and attendees, enhancing the overall impact of the sessions.



They once  
built our world.  
Now, we walk beside  
them as they  
navigate theirs.

### Collaborations and Partnership Programs

To enhance the scope and quality of services, Graceful Living actively collaborated with several renowned organizations and professionals:

Service Category	Collaborating Partners	Activities Conducted	Beneficiaries (Senior Citizens)
<b>Counselling Services</b>	Echoing Healthy Ageing MPower Foundation	Counselling & Cognitive Brain Stimulation therapy for seniors Mental health and counselling awareness sessions	9
<b>Companionship Services</b>	Maya Care Foundation	Regular companionship visits Interactive engagements for seniors	96
<b>Physiotherapy Services</b>	Praj: The Rehab Sphere Dr. Pooja Gindra Dr. Alfiya Shaikh	Physiotherapy treatment Awareness sessions on Pain Management, Fall Prevention, special exercise modules Launched Physiotherapy sessions at Streehitkarini Mandal	22



## World Alzheimer's Day

World Alzheimer's Day: We commemorated World Alzheimer's Day on 21st September 2024 at Nana Nani School where around 60 members were given information about Alzheimer's Disease, its symptoms and other aspects. Some of the seniors performed a play on 'Improving Quality of Life for people with Alzheimer's Disease'. On this day, Graceful Living had invited a speaker from Indian Psychological Society who gave detailed information on Alzheimer's Disease and its signs. Elders from Nana Nani School also performed a short skit on Prevention of Alzheimer's Disease.

## Graceful Living Annual Day

On 19th December 2024 Graceful Living celebrated its Annual Day in which older adults associated with Graceful Living were invited for this annual celebration in which seniors from different Senior Citizens Associations presented their talents and skills which was much appreciated. Students from our Elder Companionship Course also performed a play highlighting the emotional and psychological issues of senior citizens; 130 seniors were present for this program and it was received very well.



## Sports Day for Senior Citizens

On 28th December 2024, Graceful Living in association with Regional Resource Centre of the Ministry of Social Justice and Empowerment, organized and conducted a Sports Day for Seniors at Kandivali. Seniors enthusiastically participated in all the sports activities and won attractive prizes sponsored by the Ministry. Seniors were very happy that they were able to participate, compete and win.



## Conclusion

The year April 2024– March 2025 marked a significant phase of growth, innovation, and resilience for Graceful Living. Through strategic partnerships, senior-led initiatives, and inclusive programming, Graceful Living has reached out to 4047 seniors this year with the purpose of not only providing need based services but also helping them to face new ageing challenges. We are now moving towards empowering seniors to reach out to other seniors, thus creating a well informed and GRACEFUL senior community!



# 2024-25 in a nutshell

## RATION KITS

Ration Kits Distributed to 480 people once a month through our partners

## FEEDING PROJECT

1,88,950 people benefited through the project in collaboration with partners

## HEALTH PROJECT

Offered Medical Assistance to 1684 patients promoting wellness

## EDUCATION & SKILLS DEVELOPMENT

Supported 518 students through education & skills development initiative

## YOUNG TALENT AWARDS

Honoured 13 Young Achievers for their academic achievements

## GRACEFUL LIVING

Enabled 4047 senior citizens to lead fulfilling lives

SUPPORT TO ROADSIDE DESTITUTES Supported 655 destitute individuals

with care and dignity through our partners

The numbers speak. But the stories behind them shout even louder



# Audited Report

## TULSI TRUST

Annexure "E"

### NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH, 2025

#### **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]*

*[Handwritten signature]*

Trustees

## TULSI TRUST

Annexure "E"

### NOTES FORMING PART OF ACCOUNTS FOR THE YEAR ENDED 31ST MARCH, 2025

#### **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.



*Mumbai*

Trustees

**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, 2025

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		45,30,892.00		Balance as per last Balance Sheet		64,504.00	
Additions during the year		-	45,30,892	Additions during the year		-	
				Less : Sales during the year		-	
				Depreciation for the year		3,225.00	61,279
<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		91,335.00	
Sinking Fund		-		Additions during the year		66,480.00	
Reserve Fund		-		Less : Sales during the year		-	
Any other Fund		-		Depreciation for the year		39,576.00	1,18,239
<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		(25,74,368.00)		Rent (Deposit)		-	
Less : Appropriation, if any		-		TDS Receivable		51,753.00	
Add(Less) : Surplus(Deficit) as per Income and Expenditure Account		51,09,574.00		Advance Receivable		348.00	
				Telephone Deposit		25,000.00	77,101
Less : Deficit Expenditure Account		-	25,35,206	<b>Cash and Bank Balance :-</b>			
				(a) (i) In Savings Bank Account		67,75,079.00	
<b>Total</b>			<b>70,66,098</b>	(a) (ii) In Fixed Deposit Account		-	
				(b) With the Trustee		-	
				(c) With the Manager		34,400.00	68,09,479
				<b>Total</b>			<b>70,66,098</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. 125093W

Jatin V. Dalal  
Partner  
Membership No. 124528

Place: Mumbai  
Date: 19-09-2025

**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.

*[Signature]*

Trustees

Place: Mumbai  
Date: 19-09-2025



**SCHEDULE - IX**

[Vide Rule 17 (1)]

The Maharashtra Public Trusts Act, 1950

Name of the Public Trust: TULSI TRUST  
Income and Expenditure Account for the year ended 31st March, 2025

Registration No. E-6088(MUMBAI)

EXPENDITURE		Amount	Amount	INCOME		Amount	Amount
<b>To Expenditure in respect of properties :-</b>				<b>(accrued)</b>			
Rates, Taxes, Cesses		-		<b>By Rent</b>			
Repairs and maintenance		-		(realised)			
Salaries		-					
Insurance		-		<b>By Interest</b>			
Depreciation (by way of provision of adjustments)		-		(accrued)			
Other Expenses		-		(realised)			
<b>To Establishment Expenses (Annexure B)</b>			12,37,741				
				On Securities		-	
<b>To Remuneration to Trustees</b>				On Loans		-	
				On Bank Account Saving Accounts		2,28,273	2,28,273
<b>To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any</b>							
				<b>By Dividend</b>			
<b>To Legal Expenses</b>							
<b>To Audit Fees</b>			88,500	<b>By Donations in Cash or Kind (Annexure D)</b>			3,47,39,386
<b>To Contribution and Fees</b>				<b>By Grants</b>			
<b>To Amount written off :</b>				<b>By Other Income</b>			
(a) Bad Debts		-		Graceful Living Project			
(b) Loan Scholarship		-		- Advertisements		88,500	
(c) Irrecoverable Rents		-		- Other		1,526	
(d) Other Items		-		- Counselling Fees		9,350	99,376
<b>To Miscellaneous Expenses</b>							
<b>To Depreciation (Annexure "A")</b>			42,801				
<b>To Amount transferred to Reserve or Specific Funds</b>				<b>By Deficit carried over to Balance Sheet</b>			
<b>To Expenditure on Objects of the Trust (Annexure "C")</b>							
(a) Religious							
(b) Educational		10,27,088					
(c) Medical Relief		77,47,275					
(d) Relief of Poverty		1,59,54,313					
(e) Other Charitable Objects		38,59,743	2,85,88,419				
<b>To Surplus carried over to Balance Sheet</b>			51,09,574				
<b>Total</b>			<b>3,50,67,035</b>	<b>Total</b>			<b>3,50,67,035</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. 125093W

Jatin V. Dalal  
Partner  
Membership No. 124528

Place: Mumbai  
Date: 19-09-2025

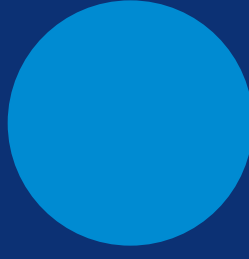
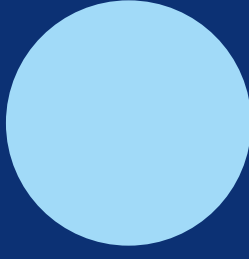
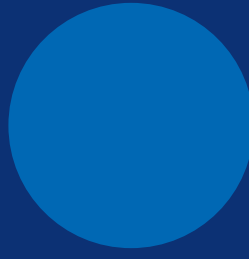
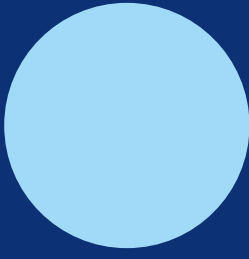
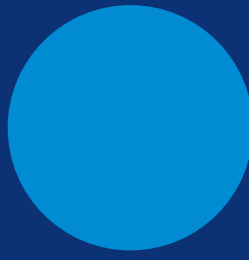


*[Signature]*

Trustees

Place: Mumbai  
Date: 19-09-2025





**TULSI TRUST**  
 DEVELOPMENT FOR ALL

**Tulsi Trust**  
 112A, Mittal Tower  
 Nariman Point, Mumbai - 400 021  
 +91-22-22842006  
 info@tulsitrust.org  
 www.tulsitrust.org