NEWSLETTER

Naya Sawera Nayee Umang

NSNU

Building a Community for Elders: A Shared Journey

A strong and supportive community for elders is more than companionship—it is a lifeline that helps them battle loneliness, share experiences, and rediscover joy in everyday life. When seniors come together, they not only feel cared for but also get opportunities to learn new things, explore hobbies, and stay mentally active. Such an environment nurtures a positive outlook towards life, giving them strength, dignity, and hope. At NSNU, we believe that elders deserve not just care, but also celebration, purpose, and togetherness. By joining hands with us, you can be part of this meaningful journey—helping our elders live healthier, happier, and more fulfilled lives.

You're Invited to a Webinar

Join NSNU and learn from **Deepak Saraswat**, Founder of ElderBlissCare on **Elderly Home Care** on **23rd August** from **5:30 PM** onwards on **Zoom**.

RSVP Today

www.nsnu.in

AUGUST WITH NSNU

The month began on a joyous note with a **Raksha Bandhan celebration at Happy Parents Home**, Lucknow (7th August), where laughter and warmth filled the air. On **14th August**, we hosted a soulful **Bhajan session at Shashiraaj Old Age Home, Delhi**, followed by fruits and Prasad, bringing peace and positivity to the residents.

Independence Day (15th August) was marked with patriotic fervor at Happy Parents Home, Lucknow, where seniors joined hands to celebrate freedom and unity.

Adding knowledge and guidance, **Mr. Deepak Saraswat, founder of ElderBlissCare, shared vital insights during our Elderly Home Care Webinar (23rd August)**, enriching families and caregivers with his expertise.

We closed the month with a heartwarming **celebration of our dear friend Abhishek's birthday (31st August), together with SHEOWS inmates and the NSNU family**.

This special day highlighted the importance of youth engagement in creating a caring and inclusive community for elders.

Through each initiative, **August became a month of celebrating, supporting, and uplifting our elders**—strengthening the spirit of togetherness that defines NSNU.

Your donations help us continue our vital work. Every contribution makes a difference in the lives of the elders we serve. To donate, visit nsnu.in.