

MONTHLY NEWSLETTER

26.10.2024

@nsnu_ngo

Volume 2



VISION

Unite generations, enrich communities, empower seniors, preserve dignity, enhance life.

MISSION

Build a 100,000-member community, expand to 50 cities, empower seniors.

Membership Categories & Benefits

• Annual Membership • Lifetime Membership • 70+ & Global Citizen's Membership

1. Access up to 24 events/year, per city
2. National Level Conference
3. Family events in your city
4. Monthly immersive experiences
5. Exclusive directories, groups, and advisory opportunities
6. Discounted skill courses and sessions
7. Networking with professionals

RECAP

LUCKNOW DARSHAN

We recently took 22 seniors from Happy Parents Old Age Home on a memorable tour of Lucknow's historical landmarks. From the grandeur of Bara Imambara to the serenity of Rumi Darwaza, the event rekindled their connection to the city, proving that it's never too late to create new memories.

CAREER OPPORTUNITIES IN THE SOCIAL SECTOR

NSNU hosted an informative webinar exploring diverse career paths in the social sector. From advocacy to healthcare, this session aims to highlight how one can make a difference in society while pursuing a fulfilling career.



THE POWER OF HOBBIES

Retirement doesn't mean hitting the brakes—it's a green light to explore hobbies you never had time for! Whether it's tending to a garden or penning your memoir, new interests keep the mind sharp and the body active. Gardening connects you with nature, while creative writing lets your imagination run wild. Prefer something social? Try joining a book club or learning a musical instrument! Hobbies improve mental health, reduce stress, and can even add a spring to your step. So, why not dive into a world of new adventures? After all, retirement is just the start of your next big project!

Preview

1. *"The Power of Nadi: Ancient Wisdom for Modern Health"*

Join Dr. Vansh to explore Nadi diagnosis and treatment, an age-old technique for diagnosing and improving overall well-being on 10 November in Lucknow.

2. *Webinar on 23 November "Investment Opportunities and Tax Planning"*

Join CA Sudip Kulshreshtha as he shares 34 years of expertise in investment opportunities and tax planning in this insightful webinar.



JOIN US IN MAKING A DIFFERENCE

SPREAD THE WORD

VOLUNTEER

DONATE

Become a volunteer at NSNU! Empower seniors and foster inclusivity as a City Ambassador or Community Catalyst!

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