

NAYA SAWERA NAYEE UMANG



July in snapshot 04th August 2026

DIRECTOR'S NOTE

Last month, NSNU's work was guided by a simple question: how do we ensure no older adult is left alone?

This belief shaped everything we did - from our lunch bringing seniors together, to our visit to Happy Parents Home carrying warmth to those with limited family contact, to our chair yoga session inviting older adults to move, gather, and belong, and our webinar in partnership with Malti Jaswal reframing ageing as an active, contributing "silver dividend."

As a team, we take seriously the privilege of creating spaces where older adults feel seen and valued.

Isolation is not an inevitable part of ageing - it is a condition we can change, one act of connection at a time.

With gratitude to our team, partners, and every senior who shared their time with us,

JULY AT GLANCE-

Our bi-annual lunch rebuilt peer friendships and social circles among seniors who might otherwise have no regular company. At Happy Parents Home, our visit brought the outside world in for residents with limited family contact - small gestures of snacks and conversation standing in for a larger act of being seen and valued. Through chair yoga, we paired physical wellbeing with social participation, gathering and moving together as a group. And via our webinar, in partnership with Malti Jaswal, we scaled this idea into advocacy - reframing ageing not as decline but as an active, contributing "silver dividend."

**103+
Participants**

**2 visits
to old age home**

**1 national webinar
facilitated**

DELHI | BI - ANNUAL LUNCH | 5TH JULY 2026



Our Delhi Bi-Annual Lunch brought together 18 members of the NSNU community to celebrate connection, companionship, and the wisdom that comes with age. Through shared conversations and meaningful interactions, the event created a welcoming space where senior citizens could reconnect, build friendships, and continue to lead active, engaged lives.



LUCKNOW | MEET AND GREET AT HAPPY PARENTS HOME | 8TH JULY

During a recent visit to Happy Parents Home, our team spent meaningful time with over 40 residents, sharing conversations, laughter, and a small treat that brought many smiles.

From distributing snacks to interacting with the elderly residents, the afternoon was filled with warmth and genuine connection. The joy on their faces was a reminder that compassion is not measured by the size of a gesture, but by the heart behind it.



DELHI | CHAIR YOGA AT AASHIRVAAD OLD AGE HOME | 11TH JULY 2026



Our certified yoga instructor Ms. Shilpa carefully designed a chair yoga session that was accessible for 20 older adults of all mobility levels. The session encouraged gentle movement, stretching, and mindful breathing to promote physical well-being, improve flexibility, and support overall health.



ONLINE WEBINAR | UNLOCKING INDIA'S SILVER DIVIDEND | 25TH JULY 2026



We recently hosted an online webinar - Unlocking India's Silver Dividend with Malti Jaswal, Founder of Inspiring Seniors Foundation.

The webinar underscored the importance of creating age-inclusive communities that celebrate the experience, wisdom, and continued contributions of older adults.





Bringing Seniors Together
Enabling Socially Active, Healthy & Purposeful Ageing

www.inspiring seniors.org

25th July 2026

The Three Pillars of Active Ageing





YOUR SUPPORT MATTERS

Every act of generosity helps us create meaningful moments of care, companionship, and dignity for the communities we serve. Your contribution, no matter the size, enables NSNU to continue reaching those who need support the most.

Join us in building stronger, more compassionate communities. Together, every contribution makes a difference.



CALL FOR INTERNS

NSNU invites socially committed students and young professionals to join us as interns.

This is an opportunity to work closely with our community initiatives, contribute to meaningful programmes, and gain hands-on experience while making a positive impact in the lives of others.

If you are passionate about community service, eager to learn, and looking to contribute your time and skills towards a meaningful cause, we would love to hear from you.