

Monthly Newsletter

26.09.2024

@nsnu_ngo

Volume 1

From the Founder's Desk

In August 2023, at 59, I began a journey to deepen my understanding of India's social development sector through a program in Delhi. With 12 years in the sector overseas and 34 years post-MBA, I was inspired by grassroots NGOs tackling India's challenges. Approaching 60, I sought a meaningful endeavor that would leverage the wisdom and experience of the 60+ demographic—a valuable, yet underutilized group. This led to the creation of Naya Sawera Nayee Umang (NSNU), dedicated to elderly care and engagement.

Sami Saran,
Founder and President

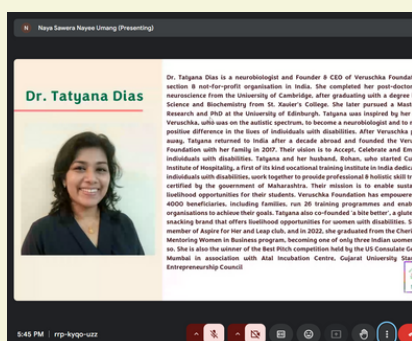


VISION

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

MISSION

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



Recap- Empathy in Action

NSNU's in-person event, Empathy in Action, held on September 1, 2024, saw 42 attendees discussing elder care, resilience, and sustainability.

Changing Lives through Empowerment

NSNU's Changing Lives through Empowerment webinar on August 31, 2024, hosted 45 participants, featuring Dr. Tatyana Dias and emphasizing senior empowerment.

Preview

1. Lucknow Darshan (October 6th):

Join 22 seniors on a nostalgic tour of Lucknow's historic landmarks, enjoying cherished memories and local delicacies.

2. World Teacher's Day Webinar (October 5th):

Celebrate teachers' impact with NSNU's inspiring webinar, featuring wisdom, stories, and a surprise keynote speaker!

3. Podcast Collaboration with The Good Sights:

NSNU partners with The Good Sights to spotlight institutions excelling in elderly care through insightful, inspiring podcast episodes.



Membership Categories & Benefits

- *Annual Membership*
- *Lifetime Membership*
- *70+ & Global Citizens 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*

Planning Life After 60s: Because Who Doesn't Want to Rock Their Golden Years?

Turning 60 is like getting a VIP pass to life's best years! With over 140 million seniors in India, planning ahead is key to enjoying a vibrant retirement. From finances to health and social activities, preparation ensures a stress-free life.

While many seniors face challenges, embracing this phase with yoga, hobbies, and even impromptu dance-offs can make it exciting. Your 60s are the start of an encore performance, where it's never too late to learn, grow, and shine!

Call for Volunteers

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

To join us, please visit our website
or contact us through email.



www.nsnu.in



info@nsnu.in