

UDGITA TRUST (Regd. 4/2019)

A Free Home for Destitute Elders and Orphans

OA Home: 26 Arasu Main Road, Krishna Nagar, Madhavaram, Chennai – 51 Phone – 044-35011520

Regd. Office: 161/1, Sixth Street, Babanagar, Villivakkam, Chennai - 49

Trustees: Baskar G (7299005929), G. Bhanumathy, G. Geethanjali, G. Bharathi, & Treasurer: Jayashree G

July 2025 News Letter

Editor's Note...

Om, Sri Gurubhyo Namah. This is the second news letter from Udgita Trust for the public. We have now 19 residents and marching towards reaching the 40+ capacity in the months ahead. In the first one we talked briefly on what we are doing and introduce about Ambassador role.

Udgita Trust along with Mr. Srinivasan coined out the need of Ambassadors for successful running of the old age home activities. Mr. Pushparaj, Mr. Sayikumar, Mr. Pratap, Mr. Dhanush, and Mr. Goverdhanan has initially agreed to support Udgita as Ambassadors. Mrs. Veena Jagaraj from Singapore has supported Udgita in raising funds through her known contacts and became our Udgita Ambassador for Singapore. Ambassadors will be expanded in the months ahead. Get in touch with us to be part of our team.

The Ambassadors of Udgita:

- Pillars of running the old age home activities successfully.
- Support by raising funds to meet operational expenses.
- Their Profile will be displayed in our website www.udgita.org and our residents will send blessings and wishes on their birthdays / Anniversary.
- Will be chairing activities during events and get-togethers.

With Love – Baskar G

Our Vision:

A Secured, Stable environment for Destitute Elders and Orphans to lead a life with Awareness and Dignity.

Our Mission:

- Provide free shelter, food, and support to Destitute Elders and Orphans
- Provide free medical support, create awareness and learning thru Pranayama, Yoga, and other arts
- Alleviate hunger through poor feeding and support for their education.

What ways can one support?

- Volunteer – Cleanups, Moral support, Gardening etc.
- Ambassador, Donor
- CSR support for Capex requirements
- Conducting Awareness & Health Camps
- Celebrate Your Birthdays, Anniversaries at our Yoga Hall
- As Honorary Personality to Udgita Trust



Mr. T. Paramasivam

Mrs. TS Padmavathy



New Admissions in June and July 2025



Discourse by Mr. U Ve Venkatesh at Ayyavoo Hall, attended by our Udgita Residents on Jul 20th.



Sowbaghya Spice Grinding 500g, 1.5Kw & Ind Stove (Rs. 13.8K) were donated by **Mr. Shiva & Family**, Babanagar, Villivakkam.



Dhaarmika Seva Samithi, 5th July, Mr. Sridhar, Mr. Krishnamurthy & members of DSS in supporting Udgita OAH with essentials. Thanks to all that donated.



Mr. Magesh & Family, Babanagar, Villivakkam donated 2 rice bags and pledged to donate one bag a month.



Mini travel tour

Most of the Udgita Residents attended Satsang on Guru Purnima day, July 13th, organised by The Art of Living, Chennai. Mr. Goverdhanan, our Udgita Ambassador, helped to travel along with them in a Van with our Trustee Mrs. Bharathi. Everyone had good time there at the event -Bhavan's school, Kilpauk. They sang Bhajan songs, Light music songs, and Anthakshari on their travel....



Event Day Sponsors in July 2025 for Udgita OAH – Thanks to each & all.

July	Event	Sponsor
3	Master Saharsh Birthday	Mr. Sai Prashanth
5	Mr. Sri Sai Shyam Sundhar 6 th Birthday	Mr. Suresh
7	Sri C V Subba Rao Sathabishekam	Self
10	Mr. Visagan Birthday	Mrs.Surya Palani
11	Mr. Y Lakshmi Narasimhulu 75 th Birthday	Mr. Rajasekar
12	Mrs. Gowri & Mr. Jaishankar - Donation	Self
13	Remembrance Day - Mrs. Punitham R	Mrs. Valarmathi V
14	M/S.Aswini Narayanan Wedding Anniversary	Mrs. Varalakshmi
20	4 th Birthday - Mr. Sujana Aadhvick	Mr. Chandru
21	5 th Birthday - Ms. Sarah	Mrs. Gayathri
24	In Memory of Mr Kaliappan & Mrs Lakshmi	Mr. Karthik
28	Remembrance Day - Mrs.Purnima	Mrs.Sujatha
31	Remembrance Day - Mr.Santhosh Babu	Mrs.Suchitra

List of Donors thru our Udgita Ambassador Mrs. Veena Jagaraj

Ms. Veena Jagaraj, Ms. Devi, Ms. Dhanalakshmi, Ms.Valarmathi, Ms. Rajathi, Mr.G. Jagaraj, Ms. Saradha, Ms. K Asha, Ms.D Bharathi, Ms. K Anuradha, Ms. J Anuradha, Ms. V Vijaulakshmi, Ms. Sachi Devi, Ms. Alliraman, Ms. G. Bharthi, Ms. G Vijayalakshmi, Ms. L Rajeshwari, Ms. Padmashree, Ms.C Shanthi, Ms. G Vijayashree, Ms B Revathi, Mr. Rosaiah, Mr. Sudhakar, Mr. Srinivas, Mr. Achutrarama Gupta and Mr. Dhandapani

Thanks to our July Month Donors...

Mr. J Suresh Kumar, Mr. Sai Prashanth, Mr. Balaji Venugopal, Mr. Dhanush, Mrs. U Rani, Mr. Srinivas, Mrs. Visalakshi, KP Trust – TV Malai, Mr. Selvaraj, and Mr. G Nagarajan Bachu



Bhagavad Gita session by Swami Sundaram ISKCON on Sat 19th July



SRM CS-AI 3rd Year Students Zuhair Ali & Rohan Saravanan did NSS work at our Udgita Old age home in mid-July for a week

Useful Tips.....

Dysphagia is a condition that makes it hard to swallow and is quite common in the elderly. It can happen due to aging, muscle weakness, or health problems like stroke or Parkinson's. Some signs to look out for include: coughing or choking while eating or drinking, taking a long time to chew or swallow, and a wet or gurgly-sounding voice after meals.

People with dysphagia may have trouble getting enough food or water, which can lead to weight loss or infections. With early care—like changing food consistencies, doing special exercises, or getting medical help—many elders can manage it well and stay healthy

- Eesha, Speech Therapist, Chennai.

Safe & Nourishing Meals for Dysphagia:

Dysphagia, often seen in conditions like Parkinson's Disease and stroke patients, may increase the risk of choking or aspiration. A soft or pureed diet is essential for safe eating. Include foods like mashed potatoes, pureed lentils, lentil and cauliflower curry, pumpkin soup, fruit smoothies, soft rice, banana, curd rice, bajra kichadi, and yogurt. Liquids may need thickening agents for safer swallowing.

Serve food warm, encourage upright posture, and watch for signs like coughing or throat clearing. With thoughtful food textures and feeding care, individuals with dysphagia can enjoy safe, comfortable, and nourishing meals every day

– Priyanka, Nutritionist, Chennai.

- Sponsor for your Birthday, Wedding Anniversary, Remembrance Day of your dear ones, etc.
- Present Per day costs are increasing and now costs about Rs.2,500 per day. One can also pay Rs.1,000 for a meal.
- We welcome monthly donations.
- Please email your details to udgitatrust@gmail.com after donating online.

Your Support makes the difference

80G Certificate Provided for your Donations

Udgita Trust Bank Account:

Bank of Baroda,
Kolathur Branch
IFSC - BARBOKOLATH
(fifth letter is zero)
Savings Account No:
19680100031632

SCAN TO PAY
WITH ANY BHIM UPI APP



Udgita Wishes & Thank all the Donors for their Continued support.

Udgita is Welcoming all the Ambassadors of Udgita Trust. And our Udgita Yoga Hall is getting all decorations lined up for a Birthday Party Hall or Similar, stay tuned for details...

Cheers & Love – Baskar G, Editor

Udgita Trust... Registered in Tamil Nadu as Trust 04/2019.

80G Certified, PAN - AAATU9351Q, CSR Registration number: CSR00089858, 2025

Auditor: P V Subramanian Iyer & Co, Chennai.