

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

June 2025 News Letter

Editor's Note...

Om, Sri Gurubhyo Namah. This is the first news letter from Udgita Trust for the public. Yes, now it's 2 years and we are stepping into year-3 with our old age home operations in Madhavaram. We have about 18 residents and marching towards reaching the 40+ capacity in the months ahead.

Every breath with awareness is a blessing and we encourage the Elders to spend their valuable remaining life with awareness and passion. It is our pleasure in reaching you all through this newsletter. Udgita Trust thanks all the donors for this month and all hands joining together can alone be able to serve the OA Home activities effectively. Do support us in all possible ways and every support counts.

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

June 21st Yoga Day at Udgita OA Home Yoga Hall.

Mrs. Geetha Sridhar Started with chanting, meditation and simple chair poses for the Udgita residents. Madhavaram ISKCON people gave an awareness talk.



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.

June 2025: other events at Udgita Old age home...

Volunteers from Aakkam Foundation, Redhills. Sponsored and served Lunch on **June 15th** and **29th** to all our Udgita OA Home residents. Thanks for their support.



June 4th: Lions Club Mrs. Usha gave snacks and her co-sis Dr. Kala Suresh (Cardio) did health checkup for all UOAH Residents. On 29th, Lions Club of Chennai, Mylai pearls District 1C region3 Zone1, donated groceries and Udgita trustees Bhanumathy & Bharathy received.



Mr. Sushil Kumar Kanodia - Trustee of Gita press, Gorakhpur visited Udgita OA Home on **13th June**.

Thanks Lakshmi amma! Received grocery and boxes, so nice and useful, received on **June 21st**



June 29th - Our monthly meeting with all the residents was held.



Fun games were held, energizing all the participants



Useful Tips!

Have you ever noticed that some people's voices change as they get older?

They may sound softer, shaky, or more tired than before. This condition is called Presbyphonia. The voice may not be as strong or clear, and speaking might take more effort. To keep your voice healthy, it's helpful to drink plenty of water. Avoid shouting or talking for long periods without rest. Speaking slowly can also make your voice clearer and stronger as you age.

-Ms. Eesha, ASLP.

 **Beat constipation naturally!!!**

Feeling bloated or sluggish? You might be constipated! Constipation happens when stools become hard, dry, and tough to pass—often due to low fibre, not enough water, lack of movement, or stress. Beat the bloat by adding fibre-rich foods like fruits, veggies, and whole grains to your plate, drinking plenty of water, staying active, and never ignoring nature's call. Your gut will thank you!

-Ms. Priyanka, Nutritionist.

Your Support makes the difference!

**SCAN TO PAY
WITH ANY BHIM UPI APP**



Udgita Trust Bank Account:

Bank of Baroda, Kolathur Branch
IFSC - BARB0KOLATH (fifth letter is zero)
Savings Account No: 19680100031632

Vitamin C Benefits

Vitamin C, an antioxidant protects cells from damage, boosts the immune system, and supports overall well-being. Where is Vitamin-C...

1. Green Chilly, Bell Pepper, Sweet Potato, Drumstick, Tomato
2. Amla, Orange, Lemon, Guava, Jack fruit, Kiwi, Pappaya, Strawberry, Pineapple, Mango, etc.

Udgita is Welcoming all the Ambassadors of Udgita Trust.

Ambassadors are the PILLARS of Udgita Trust.

Do you want to be an Ambassador? Stay tuned for July 2025 newsletter details...

Cheers & Love – Baskar G, Editor