

# Newsletter

April 2025



## Bringing Dignity. Delivering Hope. One Act at a Time.

The month of April reflect not just outreach—but intention. At Snehdhara, we believe that even small, consistent efforts can stitch together big change. Our ground teams and volunteers continued to reach underserved communities with tangible support, thoughtful conversations, & a shared sense of purpose.

Every number below is more than a statistic—it's a story of resilience, kindness, & collective effort.

### ♥ Key Highlights:

- **450 Sanitary Pads Distributed:** Reached hundreds of women with menstrual hygiene kits and meaningful conversations to break long-held taboos.
- **75 Dry Ration Kits Delivered:** Provided essentials like rice, daal, aata, chana, and sugar to families struggling with daily food insecurity.
- **60 Baby Kits Gifted to New Mothers:** Shared warmth and support in government hospitals with kits containing baby towels, napkins, and clothes.
- **5 Cloth Distribution Drives:** Spread across various slum areas, these drives encouraged reuse and brought much-needed clothing to those in need while promoting a culture of mindful giving.

**Together, let's keep showing up. Where it matters most.**

# BABY KIT DISTRIBUTION

## Baby Kit Distribution Drive at Government Hospitals

In the crowded corridors of government hospitals, many new mothers from underprivileged backgrounds greet motherhood with both joy and worry—uncertain how they'll provide even the basics for their newborns. Snehdhara's Baby Kit Distribution Drive steps in to offer comfort and care through a simple, thoughtful gesture.

Each kit includes:

- 1 towel
- 1 napkin
- 2 soft dresses for the baby



These essentials may seem small, but in a place where even these are a luxury, they offer warmth, reassurance, and dignity. It's our way of telling new mothers: you are not alone.

Week after week, these quiet acts of kindness bring a touch of relief into lives just beginning—and remind us how a little compassion can go a long way.



# DIAPER DISTRIBUTION



## Ongoing Dignity: Adult Diaper Support at Anandashram

Anandashram is a quiet refuge for men with disabilities—many of whom have been abandoned by their families and forgotten by society. But inside its modest walls, they find care, stability, and a sense of belonging. Snehdhara's ongoing support through adult diaper distribution offers more than just hygiene—it restores dignity, independence, and comfort.

## Why this support matters:

- Helps manage daily routines with ease
- Reduces physical discomfort and emotional distress
- Reinforces self-worth in a setting where choices are limited

Our partnership with Anandashram is not just a delivery—it's a commitment. Each visit is a quiet act of respect, a reminder that they are not invisible. They are seen. They are valued.



# DRY RATION DISTRIBUTION

## Dry Ration Drive: Delivering More Than Just Food

In the crowded corners of slum communities, hunger is a daily reality. Snehdhara's dry ration distribution brings more than just supplies—it brings comfort, dignity, and the reassurance of one more meal.

### Each kit includes:

- Daal
- Rice
- Chana
- Aata
- Sugar



These staples may be simple, but for many families, they represent a vital lifeline—a chance to feed their children and reclaim some normalcy.

Every kit is a quiet promise: we see you, we're with you. Because food is not just about survival—it's about care and solidarity, one household at a time.



# CLOTH DISTRIBUTION



## Cloth Donation Drive in Slum Areas

At Snehdhara, we believe that giving is not always about buying something new—it's about looking at what we already have and asking, "Who else could this help?"

Our recent cloth distribution drive in slum communities was rooted in this very idea. Instead of discarding clothes that no longer fit or match our lifestyle, we collected and repurposed them for families who truly needed them. Shirts, sarees, kids' wear, warm layers—each piece found a new home, and with it, a new purpose.

By redistributing gently used clothing, we're not just helping those in need—we're also taking a quiet stand against waste. Textile waste is one of the largest contributors to landfills. But when we recycle, reuse, and redistribute, we extend the life of every fabric and reduce our environmental footprint.



# PAD DISTRIBUTION

## Menstrual Hygiene Support: Breaking the Silence, One Pad at a Time

In many communities, periods are still spoken of in hushed tones—wrapped in shame, myths, and unsafe practices. At Snehdhara, we believe real dignity begins with open dialogue.

During our sanitary pad distribution drive, we:

- Interacted with women and girls in the community
- Initiated conversations around menstrual hygiene
- Shared simple, safe practices
- Addressed common myths with facts



More than just giving pads, we created a safe space for questions, understanding, and empowerment. Because when we speak openly, we don't just challenge stigma—we change lives.