

Newsletter

March 2025



In March, our focus was on empowerment and well-being through self-defence training for students and hygiene initiatives for women and the elderly. At Snehdhara Charity Council, we believe that small acts of kindness can make a big difference.

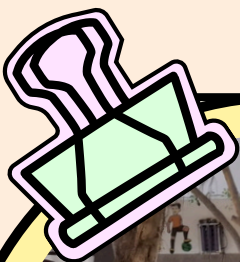
Through our Cloth Distribution Drive, we take clothes that people no longer need, fix them up, and pass them on to those who do giving them not just warmth, but dignity. Our Pad Distribution Drive helps women in underserved communities learn about menstrual hygiene, so they can take care of their health with confidence. At Anandashram, a home for disabled individuals, our Adult Diaper Distribution Drive ensures that those who need extra care can live with comfort and dignity. And through #UnstoppableConfidence, our self-defence campaign, we're helping young students especially girls feel stronger, safer, and more prepared for the world.

Each of these efforts is about more than just giving it's about empowering, supporting, and making sure no one is left behind.

SELFDEFENCE TRAINING

At Snehdhara Charity Council, we believe that confidence is the first step towards empowerment. As part of our #UnstoppableConfidence campaign, we conducted eight self-defence sessions over five days at Government Model Sanskriti Primary School in Fazilpur, Gurgaon, in March.

These sessions aimed to equip young students—especially girls—with practical self-defence techniques, situational awareness, and the confidence to protect themselves in challenging situations.



Through interactive demonstrations, hands-on practice, and real-life scenario training, students gained valuable skills that will stay with them for a lifetime. This is just the beginning. With #UnstoppableConfidence, we aim to reach even more schools, ensuring that every child has the strength, skills, and self-assurance to stand up for themselves.



PAD DISTRIBUTION



As part of our ongoing #BreakTheTaboo mission to promote women's health and hygiene, Snehdhara Charity Council recently conducted a pad distribution drive in local slum areas. This initiative was more than just a donation—it was an effort to educate and empower women with the knowledge they need to maintain proper menstrual hygiene.

Impact of the Drive:

Increased Awareness – Many women, especially young girls, learned the importance of menstrual hygiene for the first time.

Health & Safety – Educating women on proper usage helps prevent infections and long-term health issues.

Breaking the Stigma – Encouraging open conversations around menstruation, fostering a sense of dignity and self-care.

At Snehdhara, we believe awareness is the first step to empowerment. This drive is a part of our larger commitment to ensuring every woman has access to safe menstrual care and education.



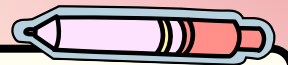
DIAPER DISTRIBUTION

For many individuals at Anandashram, limited mobility and health conditions make daily hygiene a challenge. Lack of proper care can lead to discomfort, infections, and a loss of dignity. By providing high-quality adult diapers, we aim to:

- ✓ Ensure comfort and hygiene for residents with mobility impairments.
- ✓ Reduce health risks associated with improper sanitation.
- ✓ Support caregivers by easing their daily responsibilities.
- ✓ Promote dignity and self-respect for every individual, reinforcing that their well-being matters.




This is not a one-time effort. Our collaboration with Anandashram is ongoing, and we are committed to providing continuous support. Every act of kindness, no matter how small, can bring comfort and dignity to those who need it the most. At Snehdhara, we stand by our mission to create a world where care is a right, not a privilege.





CLOTH DISTRIBUTION



Our Cloth Distribution Drive is a conscious effort to bridge the gap between excess and necessity, ensuring that every garment finds a meaningful purpose. Instead of letting usable clothes pile up in landfills, we transform them into agents of change:

 **Collection with Purpose** – We gather surplus clothing from privileged households, ensuring that what is no longer needed finds a new home.

 **Restoration & Revival** – Every item is inspected, repaired, and refreshed—because second-hand should never mean second-rate.

 **Redistribution with Dignity** – Once revitalized, these clothes are handed over to individuals and families who truly need them, turning waste into well-being.

This isn't just about old clothes—it's about new beginnings. At Snehdhara, we're not just distributing garments; we're threading hope into every stitch and weaving a future where resources are shared, not wasted.

