



## Every act of kindness begins with a simple question:

how can we ease someone's burden today? At Snehdhara, this thought guided us through August as we reached 85 elderly residents at Anandashram with monthly rations and 150 packs of adult diapers, supported 100+ new mothers at Civil Hospital with baby kits, and distributed over 1,200 sanitary pads to women in Sectors 48 and 70. Each initiative was more than just distribution—it was about dignity, care, and reminding people that they matter.

From 200 families clothed in Sector 70 to 3,000+ meals served through our weekly food drives, every effort carried the spirit of empathy. This month, we also went heavy-duty on sustainability—replacing plastic with eco-friendly materials in our drives and partnering with Uppal Southend RWA to donate nearly 10,000 leaf plates, replacing their thermocol use during festive gatherings. Together with our volunteers and supporters, we celebrated the spirit of freedom not just in words but through freedom from hunger, neglect, silence, and waste. As we continue this journey, we invite you to walk with us—because compassion grows stronger when it's shared.





# Food Distribution Drive



Hunger is one of the harshest realities faced by marginalized communities. To us, a plate of food is not just nourishment but also a reminder that someone cares.

This August, Snehdhara organized multiple food distribution drives across Sector 70 and nearby areas, serving hundreds of families.



Each meal shared was a story of relief and gratitude. With your support, we can continue to spread hope one plate at a time.



# Pad Distribution & Menstrual Awareness



Menstrual health is often overlooked, leaving many young girls and women vulnerable.

Lack of access to sanitary products forces them into unsafe practices, affecting both health and dignity.



Our Pad Distribution Drive in Sectors 48 and 70 provided women with hygienic menstrual care. Beyond distribution, we aim to spark conversations and break the silence around menstruation. Together, let's ensure no woman compromises her health due to lack of access.



# Baby kit Distribution



The joy of a newborn should never be overshadowed by worry. Yet, many families at government hospitals lack access to basic baby care items, making the first days of parenthood harder.

Through our Baby Kit Drive at Civil Hospital, Sector 10, we distributed essentials that help new mothers care for their little ones with dignity.



Every kit is a step toward easing their journey. You too can be part of a baby's first gift of love by supporting future distributions.



# Cloth Distribution



Changing seasons bring new challenges for underserved communities, especially when access to clothing is scarce.

Warm, clean clothes are more than fabric—they're a shield of dignity and comfort.



Snehdhara's Clothes Distribution Drive in Sector 70 provided families with much-needed clothing. What may be old for one can be life-changing for another. Together, we can ensure no one is left unprotected against the elements.



# Anandashram Outreach



At Anandashram, we believe dignity and comfort are as important as food and shelter.

Many residents, especially the elderly and specially-abled, struggle with everyday essentials like adult diapers and ration.



This month, Snehdhara stepped in to ease their daily lives by distributing dry ration kits and adult diapers. Small acts like these go a long way in preserving dignity and health. Join us in extending care where it's needed most—your support keeps this circle of compassion alive.