

NEWSLETTER

May 2026

Threads of Care

May was a month woven with quiet strength and everyday courage. From guiding young girls to understand their bodies with confidence, to honouring mothers in schools and hospitals, to standing beside elders and students in need, each effort reminded us how deeply care can transform a life. Whether it was an old sari becoming a rug for a classroom or a warm meal easing a worker's long day, the support turned simple actions into lasting comfort.



Menstrual Hygiene Day in School



Teaching Girls to understand their bodies

To mark Menstrual Hygiene Day, we conducted an awareness session in school for young girls, focused on building healthy, shame-free conversations around periods. Through open discussions, demonstrations, and simple explanations, we spoke about hygiene, nutrition, and how to manage periods with confidence rather than fear. The girls asked honest questions, shared their worries, and left with practical knowledge, sanitary products, and, most importantly, the reassurance that their bodies are normal, strong, and nothing to be hidden.

Mother's Day in School

Cards Filled with Little Hearts

In the government school, Mother's Day became a canvas for gratitude. Children spent the day crafting handmade greeting cards for their mothers, filling each page with colours, drawings, and simple, heartfelt messages. As they carefully wrote "thank you mom" and "I love you mom," many shared stories of how their mothers wake up early, work all day, and still make time for them. The activity turned into a gentle reminder that love does not need big gifts; sometimes, a crayon drawing carried home in a small bag is enough to make a Mother's Day.



Mother and Baby Kits at Government Hospital



Welcoming New Life with Dignity

On Mother's Day, we visited a government hospital to distribute mother-and-baby kits to new mothers. Each kit contained basic essentials like baby clothes, toiletries, and nutrition meant to ease those first fragile days after childbirth. Many of the women we met had limited resources but unlimited love for their newborns, placing these simple kits in their hands felt like placing a small safety net beneath their hopes.



Anand Ashram Visit

Essentials for Our Elders

This month, we returned to Anand Ashram to spend time with the elderly residents and provide basic daily essentials. From toiletries and personal care items to simple comfort products, the focus was on preserving their dignity and easing the burden on caregivers.



Food Distribution Drive



A Plate Full of Hope

Throughout May, our food distribution efforts continued for daily wage workers, families in need, and people living without a steady source of income. Volunteers prepared and served warm, freshly cooked meals, ensuring that at least for that day, hunger did not stand in anyone's way. Each plate carried more than food; it carried a message that they are seen, remembered, and deserving of care. With every drive, we renew our promise that as long as we stand together, fewer people will have to sleep on an empty stomach.

