



CARE FOR YOU
Spreading Smiles Miles of Miles

**February 2022 -
April 2022**



Dear Readers,

It's the pleasure of the Care For You foundation to present the newsletter - February 2022 - April 2022.

In this edition, you'll get to read perspectives on the activities, online-offline events and the donation drives which were conducted from the month of February 2022 - to April 2022.

We hope you enjoy reading about our endeavours and glance at our 3 months journey of spreading smiles and touching lives.

Best regards

Orphanages

Old Age Home

Juvinile JJB

This issue:

Founder's Message

P2

Editorial

P3

Star Pravah Audition

P4

Donation drives

P5-P6

Career Counselling

P7

Weekly sessions

P8-P16

Blogs

P17-P20

Testimonials

P21

**Catalogue of donors
and supporters**

P22



Message From Founder

CA PAYAL SARDA RATHI

Spreading smiles, miles and miles.

Dear Supporters & Team,

These past three months have been a progressive period, where Care For You was able to take things forward.

We believe in fulfilling a promise and we had once promised the 12 Finalists of Hunt for the Secret Superstar, that Care For You will help them reach their ultimate dream of becoming a singer. Thus, we are trying to reach that goal by auditioning them for contests. We recently helped six of our finalists take part in the Pune Audition of Star Pravah's "Mi Honar Superstar Aavaj Konacha, Maharashtra cha." Rahul Dolare, from Pune, was selected for the same and we could not be prouder!

With music, they attain peace and happiness, and this is exactly what our goal is- to make them self sufficient through means of something they love.

What we are today, is because of you, dear supporters. You're there during the good in our tough times. You have helped us pull through the difficult times and have made us stronger by lending your hand. We are fortunate to have every one of you supporting us and helping us grow.

Thus, at the end of this quarter, in hindsight, I don't recollect the challenges and the hurdles, but only your support. Together, let's recollect memories from all the projects you have helped us arrange. It is with great pride and ecstasy that I have the opportunity to bring forth to you the Newsletter for the months of February through April 2022.

CA Payal Sarda Rath,
Founder,
Care For You



Editor

KAMAYA PARAB

I thank CA Payal Sarda Rathi for allowing me to be the editor of the newsletter. As the editor, I draft this letter with extreme joy. I take this as an opportunity to present a framework of our successful major and weekly events, heartfelt testimonials, appealing blogs, and a list of our donors and supporters.

I strongly believe that every dream is a seed of hope. Care For You has been that seed that was sown ten years back. Keeping this in perspective, I'm proud to say that its branches have grown all over Maharashtra and it envisions to become a tree one day where we spread smiles all over India.

Our hope is your support. No matter how much we grow as a foundation, our roots will always reach out to our patrons. All these years, your support led us from nowhere to somewhere. I thank each one of you. I hope, that Care for You will receive the same support and guidance throughout our journey.

All beginnings have stories.
All stories have great teachings.
All teachings make us better beings.

Our beginning and our story have only one teaching.
To spread smiles, miles and miles.
It's our vision, our passion and our commitment.

The newsletter brings lots of nostalgic moments which touched my heart. I hope you enjoy reading the newsletter thoroughly!



Star Pravah superstar 'Mi Honar superstar Aavaj konacha, Maharashtra cha'

PARTICIPANTS

Ankesh Mavaskar

Chaitali Sakrikar

Rahul Dolare

Sakshi Narwade



Star Pravah Audition

10th April 2022

The show is going to be telecast on a famous tv channel 'Star Pravah' very soon. As per the news superstar, Siddharth Chandrasekhar will be the host of the show.

In this reality show, children will show their great singing talent and win the heart of judges with their melodious voices.

We make our name in the music industry! 🌟

On the wondrous morning of 10th April 2022, Star Pravah hosted its Pune Audition for "Mi Honar Superstar Aavaj Konacha, Maharashtra cha," for which 6 of our orphanage children-

Chaitali Sarikar, Ritika
Rahul Dolare, Sandhya
Ankesh Mavaskar, and
Sakshi Narwade,

who were a part of the twelve Secret Superstar finalists, took part. Our heartfelt gratitude reaches out to Mrs Vaishali Samant, for introducing us to this event.

The morning started with complete enthusiasm and zest from our childrens' side. All six have been undergoing classical and Sugam Music classes with great interest. They applied their training and confidently sang their heart out, leaving the judges and the audience spellbound!

Out of these 6, Rahul Dolare from Dighi, Pune was selected.

He will now undergo training to compete in the next round of the competition. Even though the competition was difficult, these children kept their heads up high, never lost hope, and gave the audition their best!



Harmonium donation drive

17th February 2022

Care For You wholeheartedly thanks Neha Phadke, Ashwini Jatkar, Priya Agashe, Ruta Chitale and Amruta Panse for donating Harmonium to our young and aspiring music student Chaitali Sakrikar on 17th February 2022





Device donation drive **Since 1st March 2022**

We would like to share a very special moment with all of you.

As you all know, we conduct English Modules classes for classes 6 and above students. We have completed the Module 2 batch and all the students who have passed with flying colours have been promoted to module 3.

CA Payal Sarda Rathi, the founder of Care For You and Rekha Sarda, the chief educator, shared a very special moment with one of the organizations, Lions Balgruh, Aurangabad.

We were genuinely very delighted to have a certificate distribution ceremony for all those who could make it to level 3.

We also got to help the organization by donating devices to Vidhyadeep Balgruh Aurangabad, WB Nowrungal Balakashram Pandharpur, Lions Balgruh, Aurangabad and BC Girls Hostel, Solapur. We would like to extend our gratitude towards our donors Sujeet Malhotra, Suprety Dutta, Moses Manickam, Pravin Puthran and Nikhil Kamath who supported selflessly touch the lives of our people and helped them at a personal level.

Career Counselling sessions

4th March 2022

**“The future depends on
what you do today.”**

Mahatma Gandhi



**The best way to predict the future is to create it.” —
Abraham Lincoln**

Career counselling not only helps in making you a great personality but it will help you to make a more organized and a better person through various modern methods.

Till now we have counselled eight girls from two orphanages. Vidhyadeep Balgruh and BC Girls Hostel.

We have a vision and an aim to provide counselling to as many students as we can and we are very positive that we will achieve our aim only because we know that we can do it and you are all here with us. In support.🙏

We would like to thank Yogesh and Josshna Nagpal for conducting these sessions for our children and we hope to receive your support throughout our journey.

WEEKLY CLASSES

WEEKLY BOOK READING SESSIONS - SINCE 2020

Books are important for the mind, heart and soul. It nourishes our thinking capabilities and tunes our souls with our hearts which engrosses us in beautiful stories. 📖

Every Saturday, we at Care For You, host online classes for the orphanage children as well as the society's English speaking children.

**Books are good
company, in sad
times and happy
times, for books
are people –
people who have
managed to stay
alive by hiding
between the
covers of a book.**

E.B. White



Arpita Jaisingh



Vidhyadeep Balgruh Aurangabad



VOCABULARY SESSION - SINCE 2020

Vocabulary is the backbone of the English language. It makes us stand strong, believe in our words and have confidence while having a conversation.

The vocabulary session is followed by the book reading session and we teach our children new words every week that they can use in their daily conversations.

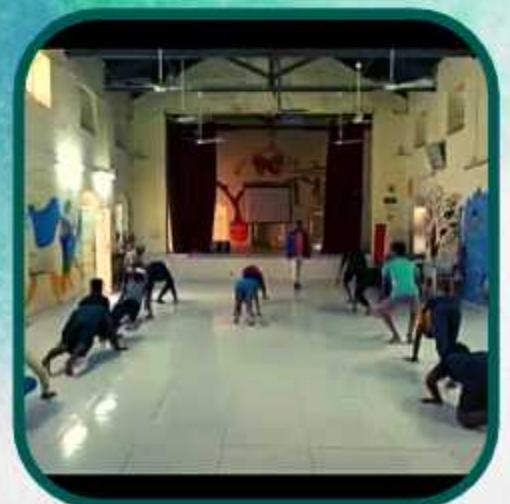


OFFLINE ZUMBA AND FITNESS TRAINING FOR JJB CHILDREN, PUNE SINCE 20TH NOVEMBER 2021

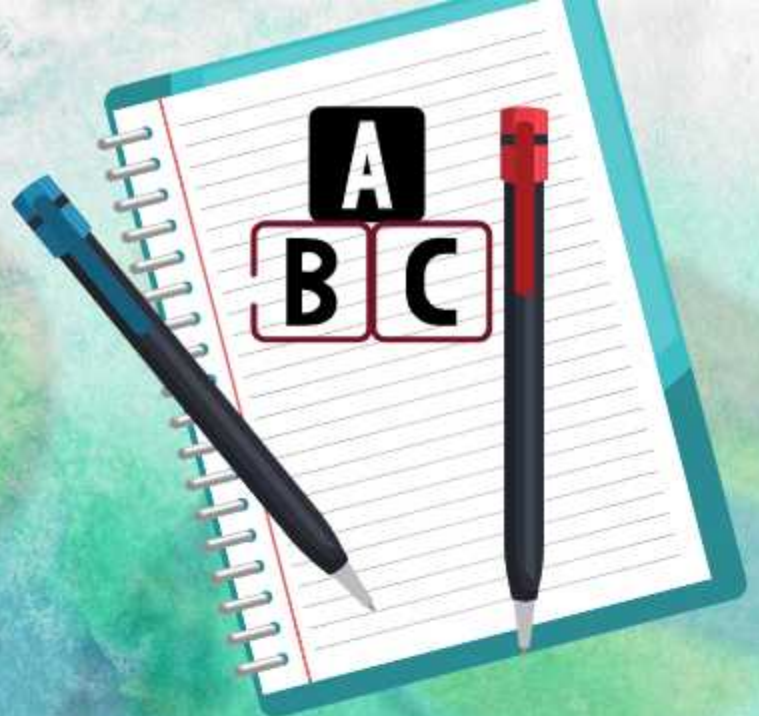
The children at the Juvenile justice court centre, Yerwada, Pune are teeming with energy and love to explore the world of fitness.

To channelise this energy constructively and motivate them, the Care for You team arranged a Zumba and fitness training session. This session is conducted by Mr Kunal Rajput two times a week for these children from 3rd November 2021.

A big Thank you to **Mr Kunal Rajput** for his willingness to come forth and conduct the session for the last 6 months.



Module teachers
Rekha Sarda,
Arpita Jaysingh, Neetu Gupta



Online English Modules for Orphanages

 SINCE 19TH MAY 2021

English module classes are conducted to strengthen the NGO children's command over English. We primarily focus on the grammar, pronunciations, comprehensions, reading and phonetics

Level 1 - 19-05-2021 - 08-07-2021

We have completed 2 batches of level 1. 63 students passed the module with flying colours and they were promoted to level 2.

Level 2 - 05-08-2021 - 17-12-2021

43 students passed the module with flying colors and they were promoted to level 3.

Level 2 crash course - 01-02-2022

33 students who were not able to clear their level 2 were given the 2nd opportunity to attend extra classes and to reappear for level 2 exams.

Level 3 -

We are currently conducting online classes for our students who are going to attempt Level 3 in these upcoming months.



VAISHNAVI DHAKANE



MINAL NIKAM



KAVITA BARADE



SCIENCE AND MATHS - 7TH AND 8TH STANDARD - Since 2020

Maths lectures [7th std] - Conducted by Vaishnavi Dhakane Ma'am. She takes 2 classes a week.

Science lectures [7th std] - Conducted by Minal Nikam Ma'am. She takes 2 classes a week.

Science lectures [8th std] - Conducted by Kavita Barade Ma'am. She takes 2 classes a week.

Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers.

— Shakuntala Devi, Indian writer and mental calculator

The science of today is the technology of tomorrow.

Edward Teller



Art enables us to find ourselves and lose ourselves at the same time.

Thomas Merton

Art is standing with one hand extended into the universe and one hand extended into the world, and letting ourselves be a conduit for passing energy.

Albert Einstein

DOODLE ART WORKSHOP - SINCE 2020

We at Care For You have been trying to augment this very desire of these young and innovative children by keeping Doodle Workshops every Wednesday.

These classes are taken by **Miss. Anushka Wagaskar** is a 1st year BBA student from Wadia College.





APURVA DAHIBHATE



PRIYA NAGPAL

DANCE CLASSES - SINCE 2020

In a month, we at Care For You conduct 2 dance classes. Conducted by 2 elegant dance teachers. Apurva Dahibhate and Priya Nagpal.

To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking.

AGNES DE MILLE





PHYSICAL ACTIVITY CLASSES - SINCE 2020



SARIKA JAIN



SMITA BHINGARE

IN A MONTH, WE AT CARE FOR YOU CONDUCT BY 2 GENEROUS TEACHERS. SMITA BHINGARE AND SARIKA JAIN

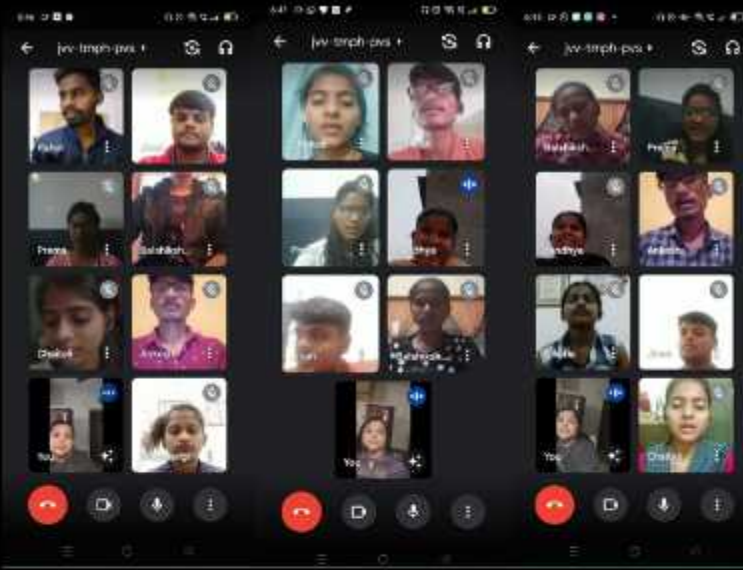
FITNESS IS A LIFESTYLE WHICH WE CHOOSE. BY TAKING PHYSICAL ACTIVIT CLASSES LIKE ZUMBA, YOGA, STRENGTHING AND CONDITIONING CLASSES WE GIVE AN OPPORTUNITY TO OUR KIDS TO STAY HEALTHY

The WHO Global action plan on physical activity 2018–2030: more active people for a healthier world

World Health Organization

SANGEET CLASSES

SINCE 2020



**"BEAUTIFUL MUSIC
CAN BE MADE WHEN
THE RIGHT TIMING,
RIGHT VERSE AND THE
RIGHT RAAG IS
MARRIED."**

-RABINDRA NA

**CONDUCTED BY
KAVEETA WAIKAR, DHANASHRI
AND SANTOSH SIR**

Online Sugam Sangeet classes of our 12 kids of "Hunt for the secret superstar" event.

We all know there is great power in giving and Care For You is always passionate about encouraging talent. So, to motivate and continue the singing training of our 12 students of Hunt for the Secret Superstar, started Sugam Sangeet (Light Music) singing classes with Mrs Kaveeta Waiker.

Mrs Kaveeta Waiker is a well-known vocalist, Sangeet Visharad in classical music and Sugam Sangeet. She has more than 30 years of experience in the music industry & the Director of Kusum Avishkar Music Academy, Yerwada Pune.

A big thank you to Mrs Kaveeta Waiker, Dhanashri Ma'am and Santosh Sir to support us in this great cause.



General Knowledge class

Online session
Age - curious minds

Join in to have fun with Neeru Ma'am and know some interesting facts!

Without knowledge action is useless and knowledge without action is futile.



General Knowledge classes

Since 17th March 2022

Conducted by Neeru Adhlakha



It is often heard that general knowledge is not very general and it's undeniable.

It will be general when we acknowledge it.

Care For You in collaboration with Neeru Ma'am started general knowledge classes in the month of March. We aim to keep our students on track with knowledge and give them a friendly supportive environment where they can learn and continue to grow their knowledge in all spheres.

The beautiful thing about learning is nobody can take it away from you—

B. B. King.



OUR FAMOUS BLOGS

A LITTLE SOUL TALK

Dear mountains, I think about you all the time.

When people decide to take a vacation, the sole purpose is to look for moments, materialistic things, relationships, people, that they think they don't have. I was not an exception on this pursuit of things that i think i was devoid of.

But the moment I stepped foot on the mountain's soil, I realised trekking is much more than that. It's about finding yourself, your own soul first. It's about making memories with yourself first, making yourself proud of who you are, accepting who you are, introspecting yourself till the depths of your heart.

The trek challenged me, and humbled me, excited me to levels that are hard to express, and at the same time made me shed tears.

As I stood at the summit, I realised the grandness of the Himlayan ranges, and no matter who you are down below, you compare yourself to the enormousness of the mountains. And you grasp that you are nobody. You feel trivial, yet you feel larger than life.

The vastness of the blinding, crystal clear, white snow made me feel like I stood out, and yet in that expanse, I felt small.



OUR FAMOUS BLOGS



The mountains is a place that brings out mixed feelings from within you. It plays mysterious games with your heart, yet when it's over you feel like you've left a part of your soul at the very top. You're miles away from home, but the mountains welcome you, give you a home, and shield you. It makes you realise you're your own saviour.

No matter how astounding the mountains are, you will realise it's hardly ever the place or the people, but it's you.
I saw the sun rise above the mountains, the mountains peeking above the clouds like a seeker of the sky, and I witnessed a million stars shine in the night sky like they were fireflies stuck on a giant black carpet.
In that bewildering beauty and scenic serenity, I felt I was reborn.



OUR FAMOUS BLOGS

Sow the seeds of kindness. Flourish it

Kindness is a pure feeling of heart. It is the intrinsic quality that grows from the inside. Often kindness is revealed to be a sign of hypocrisy, and ignorance but in reality, it preserves your Innocence i.e kindness if done the incorrect way.

Sow the seeds of kindness to children. let their tiny hands and tiny thoughts be nurtured with the act of kindness. let them believe if we take care of the universe(we, us)we are taken care of naturally (I, myself). In this way, we must try to make every day a special one by doing some act of kindness.

usually, we believe in saying, 'tit for tat' but my elder brother says 'There are some good days and some bad days in life but during bad days do little more good to people or society it will make you feel better it gives a feeling of expanding and gives you a reason to live life more happily small act of kindness towards anyone make us feel contented. Now everyone has to find which acts they can do acts may be physical, moral and financial If we see, every person has some inborn skills capabilities that we have realised and worked for those qualities.

If we have children in our home we can ask them to take care of small things at home as it is said, 'Charity begins from home' like to giving clothes or necessity is to deprive one's food, we can teach them maintaining cleanliness in surroundings, Plant and water trees, helping everyone in family and neighbourhood our helpers we all can do many small acts which make big differences life.



OUR FAMOUS BLOGS

Everyone can make their tree of kindness evergreen by doing an act of kindness through sharing their skills and qualities. As one of my professors always says, share a good part of yourself with others and let them grow along with irrespective of jealousy, expectation or selfishness which is quite a difficult task but not impossible. I have seen many teenagers channel their art of painting by colour in various pictures and thoughts on the compound wall of schools.



Many people look towards the old aged people by taking them close to nature and unseen places temples, have an open talk which gives a feeling of completeness this way we can spread our fragrance it is believed that flowers fragrance is restricted till the boundaries of the garden but a good person has his fragrance overseas and reaches out all over the world just as Mother Terressa, Abraham Lincon, our spiritual Gurus and many social activists.

Apart from physical qualities, one can help through their skills apart from their jobs or business. If someone has the skill of teaching can help deprived one', the skill of choice to choose the best of the things, financial management, speaking or writing skills, Singing or dancing skills, social and environmental management skills through preserving natural resources, can be enhanced among people.



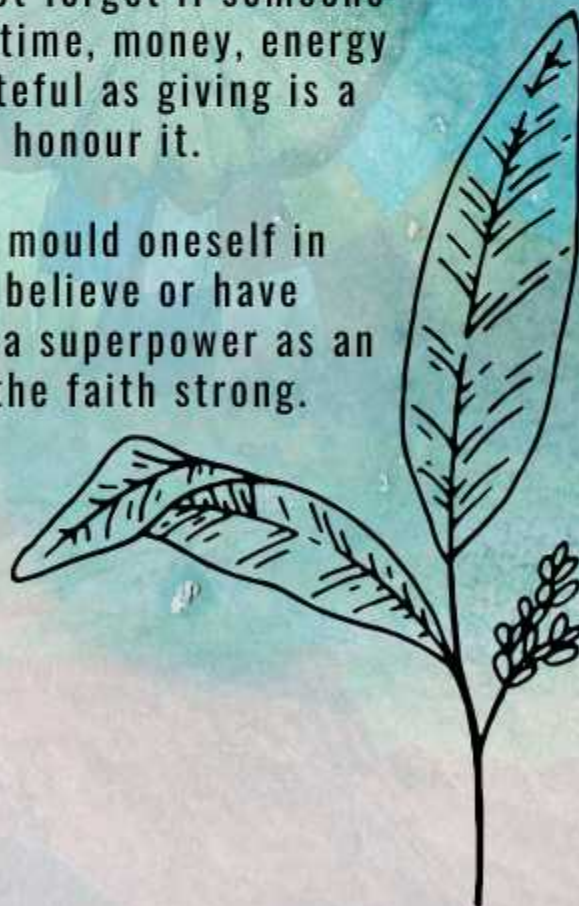
OUR FAMOUS BLOGS

One of the biggest help ones can to self and others is to raise someone's morale, to motivate self and others as a dialogue between two people can solve tricky problems. pandemic has made tremendous losses in personal and professional lives, It is the only gateway to happiness.

when we talk about donations in cash or its kind we must take care of actual needs. For this Sudha Murty has written in her books the true situation of donors and receivers where she says, ' the donors must give with a pure heart and one must donate the things in good condition and good quality on the other side receiver must have a real value of things with due respect'. Even if we are reciever we must not forget if someone has given their best of time, money, energy or skill we must be grateful as giving is a divine quality one must honour it.

I believe one must also mould oneself in such a way that people believe or have reason to keep faith in a superpower as an act of kindness makes the faith strong.

Arpita Jaisingh



TESTIMONIALS

I am glad to share my experience with CFU. First of all am thankful for the opportunity given by Payal Mam. CFU does it's best by providing good education for the underprivileged children. The staff Kamaya and Monica both were very cooperative and polite. It was a pleasure to teach these kids who were enthusiastic and eager to learn. Sharing YouTube videos, showing practicals, and using audio videos made the class even more interesting. It provided me satisfaction of doing something good for the children inspite of being so far away from them. Hope next year we will be able to reach many more. God bless these children to progress in their life. Thanks one again for making me part of CFU family.

Minal Nikam

I've noticed that Care For You always make an effort to encourage their co-workers, supporters. Thank you for being such a positive force on our team. your sense of humour makes the work an absolute delight. Thank you for keeping our spirits high!

I admire the dedication of Care For You to putting forth excellent work!
Thank you

Regards,
Niraj Rana.

Care for you foundation does great in it's work. It's my pleasure to be a part of CFU. I am working with Care for you foundation as a teacher. People in Care for you foundation are very helpful and kind.

As Director of care for Respected Payal Rathi ma'am, Respected Kamaya mam and others

I am also a small part of Care for you foundation and I'm proud for me to work for Care for you

I am a fitness trainer Kunal Rajput I teach Juvenile children.in JJB, Yerwada.

Kunal Rajput

DONORS & SUPPORTERS

Hemant Tuli	Srinivas Sarda (Aachal Sarda)
Manish Mali (Snehal	Khushboo Batheja
Suprety Dutta	Aadi Shinde
Moses Manickam	Ashish mohan
Pravin Puthran	Ravi Parab (kamaya)
Priya Nagpal	Susan Abraham
Sujeet Malhotra	Vivek Parate
Nikhil Kamath	Jivan Dube
Mohan Dattatraya Pharate	Rahul Dolare
Jayarama S. Shetty	Sarika Jain
Priyanka K Gadiya	Anushka Wagaskar
Jitesh Ashok Sachdev	Niraj Rana
Neha Santosh Phadke	Apurva Dahibhate
Ashwini Vineet Jatkar	Avanti Nagare
Priya Umesh Agashe	Prajakta Newaskar
Ruta Chitale	Sonali Gharde
Amruta Panse	Smita Bhingare
Sonali Shitole	Sagun Tiwari
Neha Dedgaonkar	Vaishali Nagarkar
Avinash Sonsale (Savita)	Sandeep Badale
Chetan Jaggi	Amit Zwar
Jeetu Sachdev	Sukanya
Smt Bihani	Atul Gupta
Balmukund Innani	Apoorv Acharya

Kaushik Dey

Yogesh Nagpal

Neeru Adhlakha

Josshna Naagpal

Savita Shinde

Manjari Shree

**CARE FOR YOU
IS INCOMPLETE
WITHOUT YOUR
SUPPORT.**

**YOUR SUPPORT
IS THE PILLAR
OF OUR
FOUNDATION.**

**WE ARE
GRATEFUL TO
HAVE YOU
WITH US;
WHICH MAKES
THE JOURNEY
MORE
INCREDIBLE.**



HOW CAN YOU HELP US?

As a seed needs water, sunlight, soil and care to grow, Care For You needs your constant support so that it sows seeds of happiness all over the place.

You can help us by being our volunteers and participating in various activities.

You can donate funds to support Care For You events which include Science and Maths tuitions, English Modules, Physical activity, Doodle and Mandala, Dance, Book reading, Vocabulary classes and more.

You can donate old/ used or new devices like phones, tablets, laptops and desktops which will be utilized by the underprivileged to take online classes and learn.

WHERE CAN YOU FIND US?

Website link - <http://careforu.co.in/>

Instagram - https://instagram.com/care_f0r_youutm_medium=copy_link

Youtube - <https://youtube.com/channel/UC0gH29zCY0BmDDKVPUieW8A>

Facebook - <https://www.facebook.com/groups/416096901774542/?ref=share>

Email - careforyouindia@gmail.com

Gpay or bank details

Telephone - +919822451769 or scan the code

