



# CARE FOR YOU

OFFICIAL NEWSLETTER OF CARE FOR YOU FOR JAN-MAR 2018



## PAYAL SARADA RATHI

Chartered Accountant, Philanthropist  
Founder of Care For You

### ABOUT CARE FOR YOU

Started in 2008 by CA Payal Sarada Rathi, with a vision and only motto to "Serve the mankind." We utilize our time, our efforts to organize various activities for them; to bring happiness in their lives and to motivate them emotionally and mentally

Registered under Bombay Public Trust Act, 1950(Reg no. E-1001/A.)

Donation to Care For You is exempt u/s 80G(5) of Income Tax Act 1961.

### Contact us at

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### Join us on



## AN IRONY OF LIFE

WHAT AN IRONY LIFE IS...  
EVERY YEAR WE CELEBRATE OUR BIRTH DATE,  
BUT THE FACT IS, WE ARE HEADING TOWARDS DEATH DATE.

FUTURE IS WHAT WE PLAN FOR,  
IN SPITE OF THE FACT THAT ONLY PRESENT IS YOUR.

LIVING ONLY IN PRESENT, MIGHT LAND YOU IN TROUBLE,  
FUTURE IS UNCERTAIN AND JUST LIKE A BUBBLE.

THEY SAY,  
LIVE A PLANNED LIFE,  
WHEREIN DEATH COMES UPON AS A SHARP KNIFE.

THEY SAY,  
EACH MOMENT,  
LIVE, LOVE, LAUGH, EXPRESS....  
BUT IF WE KEEP DOING THIS.....  
OUR FUTURE PLANNING WILL SUPPRESS.

WE HAVE SO MANY AIMS AND DREAMS TO CHASE,  
THAT WE TEND TO FORGET LIFE'S - BEAUTY, FUN AND CRAZE.

IF WE TRY TO GIVE EQUAL WEIGHTAGE TO BOTH,  
WE CANNOT FOCUS AND REACH THE EPITOME OF GROWTH.

SUCCESS DEMANDS FOCUS AND HARD WORK,  
IT DEMANDS SACRIFICE AND SERIOUS QUIRK

SO,  
CAN SUCCESS AND ENJOYMENT GET ALONG?  
TO WHICH CATEGORY SHOULD WE BELONG?

LIVE IN PRESENT AND PLAN A LITTLE FOR FUTURE  
ALONG WITH HARD WORK, LOVE & LAUGH YOU NURTURE

DEATH IS CERTAIN, YOU SHOULD ALWAYS KNOW  
KEEP MAKING FRIENDS, DO NOT LET ANYONE BECOME YOUR FOE

By Payal Sarada Rathi

## EDITORIAL

It is indeed a proud moment for us at Care For You to launch our first edition quarterly Newsletter. In this issue, we will recount all the various projects and activities undertaken by the members of Care For You across Ahmednagar, Belagavi and Indore between January and March 2018. Furthermore, our beloved Founder, Payal Sarda Rathi was conferred the “Fortune Naari’ award by Rotary Club Fortune, Pune in recognition of her tireless and selfless work towards the less fortunate.

A huge thank you to all our donors, members, volunteers and well-wishers. Without your everlasting generous monetary as well as emotional support we would not have been able to touch so many lives!

We hope you will welcome this new effort of ours to connect with you with the same enthusiasm as shown before. It goes without saying you are welcome to make suggestions to improve this newsletter in any manner by writing to us @ [careforyouindia@gmail.com](mailto:careforyouindia@gmail.com) or [www.careforu.co.in](http://www.careforu.co.in)

**Best Regards**

**Sushma Bhat**



**Sushma Bhat** holds a Degree in Mass Communications and an MBA from Bangalore. She has worked with Citibank, Bangalore as a soft skills and product trainer and as a Manager for Customer Services, South India before moving to Pune. There, she worked with an NGO- Akanksha, and was actively involved in teaching and grooming underprivileged children. Currently residing in Belagavi, she trains students, teachers and professionals in the art of Communication. .

# GLIMPSES OF WORK AT AHMEDNAGAR

## MAITREE EVENTS

### About Maitree

Care for you team has a dream  
ONE ORPHAN= ONE GUARDIAN

If each orphan gets a guardian and angel guiding star. To help him ,guide him , watch him in his journey of life as a friend as a well wisher as a mentor. How different would these kids be imagine. Each child will have a motivation of his own to achieve and fulfill his goals of life and become a respected citizen of India .With this dream we started our project MAITREE in the month of November. Where we had house wives , students and professional women join us to accomplish our dream. These women were allotted one girl each for the next coming few months were the women will be that girls guide and mentor , the girl can share her happiness, sorrow, worries problems, health issues, her academic problems. Anything that she is not comfortable with in her surroundings. Our aim through the project is that the girls get timely help, medication, right guidance, a opinion and view point of some elderly wise person so that she doesn't feel alone and depressed. It is a monthly project where each month we will meet the girls once for two hours and try to develop a bond if friendship with them and provide timely guidance



## FUN LEARNING ACTIVITIES

*January 2018*

We planned fun learning activities for etiquette and Grammar where the girls were taught words like please, thank you. excuse me, welcome and pardon me. They were also taught sentence formation and sentence building by their partners.

## MUSICAL EVENT

*February 2018*

Mr. Gaurav Wadwekar from the musical band Pargosh entertained the girls by playing melodious songs at the Observation home. Snacks were provided by a Care For You member on occasion of her birthday. It was a day of new experiences and learning.



## GLIMPSES OF WORK AT AHMEDNAGAR



### PADMAN MOVIE SCREENING

*March 2018*

Maitree organised a viewing of the movie Padman followed by a talk show for adolescent girls going through this very confusing time.

Gone are the days when the words 'menstrual cycle' was considered taboo.

Today's girl child faces 'those days' with aplomb and maturity

The discussion involved physiological, psychological and hygiene problems faced as well as the benefits of using sanitary napkins.

### OLD AGE HOMES RESIDENCE PICNIC



### VISIT TO AURANGABAD TEMPLE

*March 2018*

We arranged a very memorable trip for 50 residents from two Old Age Homes.

A spirited lot, they were driven in A/C luxury buses where they sang bhajans all the way to Bhadra Maruti Ghrushneshwar Balaji temple near Aurangabad.

The elders not only got to pay obeisance to the gods but were also given a scrumptious meal and snacks.

A token amount of Rs.100 was handed over to each of them as a heartfelt thank you for the years of love and devotion they showered on the younger generation.

# GLIMPSES OF WORK AT AHMEDNAGAR

## PERSONALITY DEVELOPMENT AND RECREATION CAMP



*March 2018*

We believe in gender equality. Therefore, our focus was to gift the boys an equally beneficial and entertaining time. Keeping this in mind, we designed a three day program to groom 100 boys from Ram Karan Sarada vidhayagruh Snehalaya and Remand Home at Mahesh Mangal Karyalaya Ahmednagar.

The program started with exercises, Pranayam and Zumba dance. Over the course of three days the children participated in group plays, Team games, discussions on Personality Development, Stage presence and Confidence, watched a Magic Show, etc.

Each day saw guest speakers from various walks of life: a teacher from the Art of Living, a renowned CA, a Doctor and a Police Inspector who guided the children on different facets of life and stressed on the importance of hard work.

## GLIMPSES OF WORK AT BELAGAVI

### KIDS EVENT AT HINDALGA PARK



February 2018

Deaf people are often referred to as 'deaf and dumb' or 'hearing impaired', both of which are offensive terms. The most appropriate words adopted are 'Deaf and hard of hearing'. They are therefore more likely to experience mental health problems and are placed at a higher risk of post natal-depression.

Considering this, we tried to arrange a fun and entertainment session for all those 'Deaf and hard of hearing' children. at Hindalga Park, Belagavi

CARE FOR YOU Belagavi team took these special children ('Deaf and hard of hearing') from AJAY Welfare Association, Kangrali -to enjoy a FUN evening at HINDALGA PARK, Belagavi . They enjoyed playing exciting games and delicious food. Though our children are unable to speak and hear, they enjoyed it breaking their limitless boundaries.

## GLIMPSES OF WORK AT INDORE

### OLD AGE HOME PICNIC

January 2018

Care For Foundation planned a picnic to Medicaps international School ,for all senior citizen of Astha Old Homes. There we spent some valuable time with them.



### OLD AGE HOME INDORE

February 2018

We visited Aastha Ashram to meet grandparents and spend some time with them. The volunteers gave them body and head massage which made them feels tranquil and happy. They were also served luscious lunch.

### KIDS EVENT

February 2018

Shree GyanMandir, Indore - Kids Event

Childhood is all about playfulness and innocence. It's all about joy, laughter and freedom. One day block printing and storytelling class was arranged for 50 lesser privileged girls and boys from slum areas of Indore.



## CELEBRATING FORTUNE NARI AWARD



March, 2018

### Celebrating Fortune Nari Award

Woman- the epitome of beauty, wisdom and grace. She has proved from time immemorial that she's man's equal by forging her own destiny and path.

On the occasion of International Women's Day, Rotary Club Fortune, Pune, felicitated Payal Sarde Rathi, the founder of Care For You Foundation in recognition of her tireless work towards the upliftment of marginalized sections of society. She was bestowed the 'Fortune Naari' award at a function held in Pune CARE FOR YOU has been active in India for over 10 years, focusing on alleviating poverty and social exclusion. Payal has spearheaded comprehensive programmes in health, education, meeting livelihood requirements and disaster preparedness and response management. Her overall goal is the empowerment of adolescents and women from poor and marginalized communities in turn leading to a significant improvement in their lives and livelihoods.

## DONORS LIST FROM JAN - MARCH 2018

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Inform us, in case we have missed  
any donor's name so that we shall  
include it in our upcoming  
newsletter

