



**Care
For
You**

Spreading Smiles... Miles and Miles

**“WE WISH YOU A
MERRY CHRISTMAS
AND A HAPPY NEW
YEAR**

2019

**NEWSLETTER
FOR
OCT - DEC 2018**



CARE FOR YOU

Spreading Smiles Miles and Miles....



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A MESSAGE FROM FOUNDER

When Miss becomes Mrs.,
The difference is of just the alphabet I and R
But life also changes from I to R.

I, Mine, Me has replaced,
Our,Us and We.

This transformation is sweet as well as sour,
Sometimes salty, bitter & spicy too.

A cute little girl, often called as Chatter Box",
Has now become busy in taking Grocery stocks.

Always Stubborn and demanding to her parents,
Is now striving hard to show the world her presence.

School, college, hangouts and party was her life,
Now she is, Mother, Boss, Bahu and a wife.

Then she was everyone's follower,
Now, she proudly calls herself a controller.

Before, she was in the making up process,
Now she is ready to fly high and impress.

Marriage is not a comma or stop to dream,
It is a transformation of princess to queen.

You get a chance to construct generation
By setting up your child's and family's foundation.

Being a wife and a mother can never stop your career,
Push your limits, strive hard and throw away all fear.

"No Time", is just a reason to gain sympathy,
Surprisingly, you will get many to give you empathy.

Stop blaming nature, GOD or situations for your state,
Don't forget, each of us, has to fulfill her own Fate.

Fill, passion hard work and dedication in your plate,
Your victory the whole world will celebrate.

- CA PAYAL SARDA RATHI



The future belongs to those who believe in the beauty of their dreams.

November 9th, 2018, marked our 7th Founder's Day. 7 glorious years Care For You has strived to put smiles on less fortunate faces and going that extra mile trying to fulfill dreams.

This quarter saw a flurry of exciting activities which you can read about in the newsletter. Each chapter not only celebrated Founder's Day with enthusiasm and zeal with children and the elderly but they also conducted various activities and donated essentials to many Orphanages and old age homes.

We are proud to announce that a new chapter in Nashik has been added to our growing family. We extend a warm welcome to them as they begin their exciting journey with us.

Gratitude is powerful and we thank our donors, well wishers, members, volunteers for their continued faith in the work that we do.

Warm Regards,
Sushma Bhat





Diya Painting Event, Ahmednagar

An occasion to celebrate victory over defeat, light over darkness, awareness over ignorance. An occasion to celebrate Life itself! This Diwali, Care for You, Ahmednagar made it more special. A “Paint a Diya” event was organised for 75 orphan girls on the 13th and 14th of October 2018, where the girls beautifully painted 10,000 Diya’s. A feat only surpassed by the inclusion of differently abled girls who joyously participated and contributed.

The girls were divided into groups and given sets of vibrant colours. The visually challenged girls were assigned the task of applying white wash on the Diya’s which were then handed over to the rest of the team to be turned into aesthetically painted lamps.

Our volunteers as usual stepped up to encourage and cajole the girls. They helped package the Diya’s and also spoke about their experiences along with the rest of the orphan children.

These Diya’s were sold, and the proceeds will be utilised in bringing a modicum of comfort to these children’s lives.



Foundation Day

Care for You team, Ahmednagar celebrated the 7th foundation day with 20 orphans from Rahuri children's home. Various fun physical activities such as 3-legged race, lemon and spoon, etc. was organized for the children to partake in. This was followed by cutting a cake and indulging in delicious and tasty snacks and chocolates. The winners were awarded exciting prizes and the children were even given a free dental check-up

Mind Mantra

“Gaining knowledge is the first step to wisdom. Sharing it, is the first step to humanity”.

Shreya Maheshwari, our Indore team member conducted a MIND MANTRA session for the underprivileged children from Observation home, Bal-Bhavan and Snehalaya, Ahmednagar on 20th Dec 2018. It was a satisfying 2 hour session with 100 adolescents.

Topics such as Positive thinking, Emotional stability, Planning and execution, Happiness etc were covered in the program.

The girls made a greeting card for their Guru, Shreya, who was touched by this loving gesture.





Navratri Event (Oct)



Navratri a famous Hindu festival celebrates the victory of Goddess Durga over the demon Mahishasura. In today's society, women take strength from Goddess Durga's story in order to fight against society's unfair and evil practises which are anti- women. The festival is celebrated with song and prayer but the highlight is the dance form , Garba and Dandiya from Gujarat. To celebrate this, a Navratri event was planned to make the girls aware of the significance and importance of the festival. They were also trained in the dance forms for a few days. On the day of the event, they danced with gay abandon and enthusiasm and even sang " Bhondla songs" as coached by Smitha Ghaisas. Tasty snacks and sweets were served towards the end and the event was a great success amongst the girls as this was their first experience celebrating Navratri and Dandiya.

Sports day (Nov)

Maitree team organised a sports event at Bal Gruh wherein all the girls and their partners participated with a lot of enthusiasm. They took part in various games like passing the ring, fire in the mountain, etc and danced to music. The winners were given attractive prizes followed by tasty Matkibhel and sweets. The event was appreciated and enjoyed by everyone present there



Visit to the Church (Dec)



India is a confluence of religions with a particular set of beliefs and practises. This Christmas, our Maitree girls visited Christ Church, Ahmednagar, on 23rd December, 2018 where they were given insights into Christianity. They were first shown a video on the birth of Jesus Christ and educated on the Crucifixion and the workings of the Church. Christmas is incomplete without Santa Claus who visited the children in the church and gave them gifts. A big thank you to Abraham ma'am for giving the children an exposure to Christianity and the Church.





Visual Cultural Activity

28 children from Siddharth Orphanage, Belgaum were treated to a visual cultural spectacle at the MLIRC centre on 26th October. The army is a powerhouse of talent and were celebrating the 95th anniversary of Sharqat Day. The one-hour programme had the kids sitting on the edge of their seats deeply engrossed in watching the displays unfold. The programme showcased a few famous chapters from the Sharqat war of WW 1 via drama and documentary. The famed 'Malkhamb', 'Lezim' and 'Jhanj Pathak', acrobatics etc was also performed by a large troupe of soldiers. The children were offered snacks by the army and were delighted to pose with the soldiers. We would like to thank Lt. Col. Subramani for giving the children this opportunity to relive the glorious past.



Donation Drive

"You have not lived today until you have done something for someone who can never repay you." Happiness is only real when shared and Care for You, Belgaum did just that in October 2018. They arranged a donation drive through which they collected clothes (children and adults alike), toys, blankets, bedsheets, winter jackets, fruits, sanitary napkins, a computer, fruits and packets of oil. They visited 3 places Saiujyam orphanage (Children with HIV), Siddharth Orphanage and the slum area in Srinagar behind the Cancer hospital. The clothing and food was much appreciated by the beneficiaries. Our grateful thanks to our gracious donors who never fail to support us with their generosity and love.





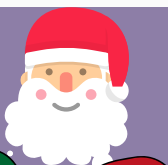
Foundation Day

For the past 7 years Care for You has fulfilled every wish it has committed to and in honour of this day, Care for You, Belagavi visited Prajwal orphanage and Siddharth boarding. Sweets were distributed, and the members interacted with the children and care givers at length. It was an evening well spent and an affirmation to those that deserve our extra care that we will always care.



Donation Drive, Nandan Makhal Dham

Sometimes life throws us a curve ball and our attitude decide how we respond to it. On 11th, November, Team Care For You, Belagavi, visited Nandan Makhal Dham, a shelter for children with HIV and donated a table fan and a Mixie. We were showered with an outpouring of love and affection and not once did they complain about the heavy blow life has hit them with. They and their caretaker who is also HIV positive, have embraced life with enthusiasm and positivity. We were humbled and awed after our interaction with them and wish them long fulfilling lives.





Diwali Dhamaka

Indore chapter's Diwali Dhamaka made a bang again this year on 24th October. It was 3 hours of buzzing excitement with 17 stalls and major attractions like Bumper Tambola and high tea. Lit with festive lights the stall owners created a lively environment selling and displaying various Diwali as well as household decorative pieces.

All donations received on this occasion will go towards helping underprivileged children.

We thank our gracious sponsors:

Jewellery by Amita, Gift Café, Address Home, Gift Garden, Pen Arts, Soapatite, Laabha, Crimson beauty parlour, in association with Round Table for their generosity

Donation Drive

"If we have no peace, it is because we have forgotten that we belong to each other."

Care for You team accedes to this and hence the Indore team had arranged a donation drive and distributed 120 sweaters to the children of Shree Shree Gyan mandir on 5th Dec 2018.

The children were glad for this wonderful gift!

Our grateful thanks to our gracious donor Smriti Vijayvargi for this lovely gesture and Arpana Saboo for helping us bring smiles on these beautiful faces



Old Age Home trip

"In the end, it's not the years in your life that count. It's the life in your years."

On 8th, December, Care for You team, Indore treated the elderly from Aastha Aashram to a picnic and added joy to their twilight years.

They went to the Iskcon temple, where the team helped the elderly light diyas, offer flowers, prasad and chant Bhajans in praise of the Lord. This was followed by a sumptuous lunch appreciated by all.

A big thank you to all our donors and Vaishnav trust for sponsoring the bus for the trip.



NASHIK



Foundation Day

The Nashik Care for You Team celebrated their first event on foundation day with Adivasis residing in abject poverty. They decorated the area with balloons and cut a cake. They also distributed Diwali sweets, snacks, fruits and basic educational stationery like pencil and erasers amongst the children. The children were grateful and touched by this loving gesture.



Donation Drive at Old Age Home

On 22nd Dec 2018, the care for you team Nashik spent time with the elderly at Vatsalya Vrudhashram. Here, the elders are treated with the love and respect they deserve and are taken care of by understanding their needs and wants.

Several well-wishers donated groceries items like wheat, sugar, rice, dal etc.

A heartfelt thank you to all the donors and well-wishers from the entire team.





Foundation Day

On Care for You's 7th foundation day, the Pune team celebrated Bhai Dooj at Manuski Old Age Home. Here, the elders are treated with the love and respect they deserve and are taken care of by understanding their needs and wants.

Several well-wishers donated essentials such as medicines, Dettol, diapers, fruits etc.

The evening began with the chanting of bhajans by the Regency Bhajan team which enthralled all the aged residents. The evening ended with cutting and eating cake befitting the occasion.

Sports Day Event

Care for You team organised a sports event at Neehar wherein all the children participated with a lot of enthusiasm. They took part in various games like three-legged race, bucket and the balls, save your balloon, etc. The winners were given attractive prizes followed by distribution of snacks and sweets. The event was appreciated and enjoyed by everyone present.



Christmas celebration

On 22nd December, 2018, Care For You team, Pune brought great joy and merry moments to the elderly at Manuski Old Age Home. The evening began with dance performances by little ones aged between 4-5 years which brought delight to them. After which two residents wowed the crowd with songs.

The biggest surprise awaiting them was Carol singing and the entry of Santa in their midst. The enormous efforts put in by the entire team touched everyone's hearts and all joined in the sing along.

Santa distributed small gifts to the elders which was followed by indulging in Christmas cake and delicious home-made snacks.

We would like to thank all who were present and made a big difference to these beautiful souls. "We can all make a difference in the lives of the others in need, because it is the most simple of gestures that make the most significant of differences."





दान देने के फायदे

दान देने के बारेमे अमेरिका मे काफी रिसर्च किया गया है, एलिजाबेथ डन इनका यह रिसर्च थीसिस feeling good about giving नेट पर उपलब्ध है इस रिसर्च में पाया गया की

1. लोगों को जब पुरस्कार या प्रशंसा मिली तब उनके दिमाग में कौन से केंद्र सक्रिय हुए इस पर रिसर्च किया गया , इन लोगों ने जब दान दिया तब आश्चर्यजनक रूप से वहीं केंद्र उसी तरह सक्रिय पाए गए । मतलब दोनों परिस्थिति में मन में उत्पन्न आनंद की भावना एक जैसी ही थी
2. रिसर्च में पाया गया कि स्वयं पर किए गए खर्च की तुलना में स्वेच्छा से दिए गए दान के बाद मिली खुशी ज्यादा स्थाई (permanent) थी , उसे बाद में याद करते हुए भी दानकर्ता को बहुत खुशी महसूस हो रही थी
- 3 . रिसर्च में पाया गया कि कितना दान दिया इस पर दानकर्ता की खुशी निर्भर नहीं थी बल्कि किस तरह से और कितनी आस्था से दान किया इस पर उनकी खुशी निर्भर थी.
4. रिसर्च में पाया गया कि दान देने से मन की प्रसन्नता बढ़ जाती है तथा मन प्रसन्न हो तो दान देने की प्रवृत्ति बढ़ जाती है , यह cycle इसी तरह से चलते रहती है
- 5 . मन में स्वार्थ रख कर दिया गया दान कोई आंतरिक आनंद प्रदान नहीं कर सकता , निस्वार्थ भावना से या आस्था से दिए गए दान पर ही प्रसन्नता के बात लागू होती है

इन सारे परीक्षणों से यह निष्कर्ष निकल कर सामने आया कि अच्छे काम के लिए दान देना तृप्त , प्रसन्न और समाधानी जीवन की कुंजी है ।

अमेरिका मे संपन्न इस रिसर्च में दान देने के फायदे अभी अभी सामने आये है लेकिन हमारे संस्कृती मे सत्पात्री दान करते रहने को सदियों बढ़ावा दिया गया है, पता नहीं हमारे पूर्वजों ने यह रहस्य कैसे जान लिया था?

- Alka Navandar



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“CARE FOR YOU” is the most genuine NGO which helps nurturing under-privileged/old people experience a normal & credible life through donations .The expenditures are well audited and every penny is spent for betterment of others. All this is possible because of an able and visionary leadership of founding members and especially Mrs.Payal Sarada Rathi supported by her husband Mr.Roshan Rathi. The reason for me being a regular donor is I am sure every rupee spent goes to a noble cause.
Kudos to CARE FOR YOU foundation.

- Ashwin Sarada

