



**SHARE
& CARE**
FOUNDATION

NEWS

A newsletter for rural India's caring community of supporters. Each issue shares news and real-life stories of empowerment through education, gender equality, basic healthcare, and sanitation and hygiene.

You're Invited to Our Second Annual Make a Difference 5K Walk/Run!

Share & Care Foundation is hosting its second Make a Difference 5K Walk/Run on Saturday, June 15 in Ridgefield Park, New Jersey. Based on last year's tremendous success, with over \$70,000 raised and more than 300 participants ranging in age from one to 85, we have decided to make this an annual event.

This family-friendly event is open to the broader community and uniquely designed to engage and educate younger generations. We aim to spread Share & Care's message of hope, raise awareness for our Signature Programs, and provide an opportunity for families to join together on a humanitarian journey.

While raising children here, we as parents have come to realize that it is our duty to expose our children to philanthropy. We hope they learn the value of giving back when they have been given so much.

"Last year's 5K was so much fun! The 5K is a community-building, enjoyable experience for ALL. It's an event that everyone can easily participate in to help the impoverished in India."

—SHARE & CARE KIDS4KIDS

As Share & Care aims to engage younger generations, Share & Care Kids4Kids, our newly established student wing, will be playing a significant role in this year's event. We hope you enable their efforts with your sponsorships or participation.

To educate participants, we have created multiple teams. Each team will showcase projects funded by Share & Care and offer fundraising opportunities for participants.

Please visit shareandcare.org/5K-Walk-Run for more details about how to participate, volunteer, or become a sponsor. Step forward and **Make a Difference!** ●



TOP LEFT: Participants of the 1K Kids Walk/Run join in a warm-up stretch session.

BOTTOM LEFT: Miss New Jersey 2017, Chhavi Verg, and yoga instructor Preet Kaur help to hand out awards after the race.

RIGHT: Runners pose after last year's event.

RUN | WALK | VOLUNTEER
SPONSOR | DONATE

HOW WILL YOU MAKE A DIFFERENCE JUNE 15?

shareandcare.org/5K-WALK-RUN

OVERPECK COUNTY PARK, 199 CHALLENGER ROAD, RIDGEFIELD PARK, NJ



HEALTHCARE 2 UNREACHED

Bringing Healthcare to the Thar Desert: Year Two Update

Our Healthcare 2 Unreached Signature Program brings healthcare to marginalized people in remote areas of India. In early 2017, we partnered with GRAVIS, an internationally recognized NGO, to expand our reach into one of India's most underdeveloped regions. The Thar Desert, which spans across the western half of Rajasthan, is home to nearly 24 million people. Inhabitants face daily struggles such as food and water scarcity, lack of education, extreme gender discrimination, and an almost complete absence of healthcare services.

Improving Child and Mother Survival Project

The project — Improving Child and Mother Survival (ICMS) — supports community health in three villages, with an objective to reduce infant and maternal mortality through education, nutritional enhancement, and better linkages with government healthcare.



In Rajasthan, women and children are among those most likely to face illness and malnourishment.

more people. We are pleased to report that our on-the-ground village health workers have grown well into their roles, and are being received favorably by beneficiaries in this remote, arid region. ●

Results

We are now two years into the three-year project. In the past year, 300 women have attended 12 training sessions on topics such as reproductive health, nutrition, hygiene, and the prevention of diseases. In that same time, 903 adolescent boys and girls attended 23 similar training camps, and 323 pregnant women received critical, previously inaccessible health checkups. Additionally, 100 horticulture units — an effective way for villagers to ensure access to fresh produce — have been established to date.

Since the inception of the ICMS project, it has been our goal to build trust among local residents and encourage community involvement, with the goal of replicating this sustainable model in more villages to help thousands

WE HAVE TEAM SPIRIT!

When asked to register or donate to the 5K Walk/Run, you'll be asked to pick a team to support. Which will you choose?



Team Victory to defeat child sexual abuse.
IMPACT: 100K+ women and girls.



Team Happy Feet to bring healthcare to remote areas.
IMPACT: 80+ villages.



Team School to keep marginalized youth in school, and provide scholarships for promising college students.
IMPACT: 660+ primary and 1,300+ college students.



Team Hope to help all groups escape the cycle of poverty.



CAN'T BE IN NJ JUNE 15?

The goal of our annual 5K Make a Difference Walk/Run is to help our beneficiaries in rural India while also inspiring a passion for philanthropy within our local communities. If you're unable to attend, we welcome your support in the form of a donation.

Share & Care is a gold-level GuideStar participant and has received a four-star rating from Charity Navigator, demonstrating our commitment to transparency and accountability. We've been doing this for 36 years, and we've only just begun.

To give, please mail in the form on the back page, or:

VISIT shareandcare.org/5K-Walk-Run

EMAIL events@shareandcare.org

CALL (201) 262-7599

Gender Justice Education: For Women, By Women

Share & Care's Women Empowerment Program has partnered with a reputable NGO to support a project focused on peer-led gender justice education for women in a targeted rural area of Rajasthan. In this male-dominated region, women struggle not only with extreme discrimination and domestic liabilities, but they are also faced with the stress and daily responsibility of fetching clean water — often in the dark, early morning hours — from a crowded local water source.

Women's Action for Virtual Empowerment

The project, Women's Action for Virtual Empowerment (WAVE), is a grassroots initiative designed to educate rural women about their social, economic, and political rights, as well as their legal and constitutional privileges. Through monthly, village-level peer group meetings, the project also helps to equip rural women with leadership skills, decision-making skills, and the awareness to protect themselves from violence.



Women participants range in age from 15 to 60 and are selected by social workers from our on-the-ground partner organization. Selection factors include economic status (participants live below the poverty level), marriage status (many are single or widowed), education level, and other circumstances.

Peer-Led Intervention

In each village, one peer leader (a young woman) and four peer educators (two women and two adolescent girls) are chosen to act as agents of change within their communities. These leaders/educators undergo training on gender equality, self-defense, and socioeconomic welfare assistance. To date, we have trained leaders/educators, and are conducting regular monthly meetings, in 10 villages in our targeted area of Rajasthan.

By putting local women in important leadership roles, we help to ensure their participation in decision-making processes at both domestic and social levels. The impact of our project in one year is no child marriages, celebrations of the birth of girls, and women not covering their faces. This also supports our ultimate goal of changing the mindset of entire societies, not just individuals, away from gender discrimination and toward gender justice — for good. ●



WOMEN EMPOWERMENT



States where partner NGOs are working

SHARE & CARE MANAGEMENT

Sharadkumar Shah,
President

Saumil Parikh,
Treasurer

Jayu Parikh,
Chairperson, Board of Trustees

Shreya Mehta,
Secretary, Board of Trustees

EDITORIAL

Victor Gurunathan,
Marketing Chair

Tejal Parekh, Administrative &
Operations Director



DELIVERING SUSTAINABLE HEALTHCARE

We at Share & Care, as well as the skilled health workers at our partner organization GRAVIS, believe in the Gandhi philosophy of self-reliance and in working for the sustainable development of rural areas.

We have chosen to support the ICMS project in the Thar Desert not only because it brings lifesaving healthcare to remote areas, but also because of its focus on community education and participation. After participating in our health trainings, women beneficiaries say they feel more informed about all aspects of their bodies and more confident to take actions that benefit their own health status. ●



EMPOWERMENT FOR A BETTER LIFE

Kailashi Bairwa is a 29-year-old widow and the mother of two children. Before the WAVE project came to her village, she was unaware of the rights of women or of any

socioeconomic assistance available to her through the government. Now, after participating in monthly peer-led education groups, she is taking steps to make life better for herself and her family. She has applied for a loan to open a small business, and also obtained a government pension for widows. Additionally, she is now eager to spread this awareness and empowerment to other women in neighboring areas. ●



SHARE & CARE FOUNDATION
676 Winters Avenue, Paramus, NJ 07652

NON PROFIT
US POSTAGE
PAID
S. Hackensack, NJ
Permit No. 898



Your gift will empower rural women to fight gender discrimination. It will deliver lifesaving healthcare for mothers and children in remote areas of Rajasthan. It will create ripples of change for generations to come.

Yes! I want to empower rural India!

I want to join Share & Care Foundation in creating a world in which everyone has access to **Education, Gender Equality, and Healthcare** by making the following donation:

\$50 \$100 \$250 \$500 \$1,000 Other: _____

Please apply my donation toward the 5K Walk/Run

My gift is in memory *or* in honor of: _____

My gift will be matched by: _____

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Phone _____

Please make checks payable to "Share & Care Foundation" or donate online at shareandcare.org/DONATE-NOW
Mail to: **676 Winters Avenue, Paramus, NJ 07652** | (201) 262-7599 | info@shareandcare.org | www.shareandcare.org
© 2019 Share & Care Foundation. The Share & Care Foundation® is a qualified 501(c)(3) tax-exempt organization.
Tax-exempt ID #22-2458395. Donations are 100% tax-deductible as allowed by law.