



**SHARE
& CARE**
FOUNDATION

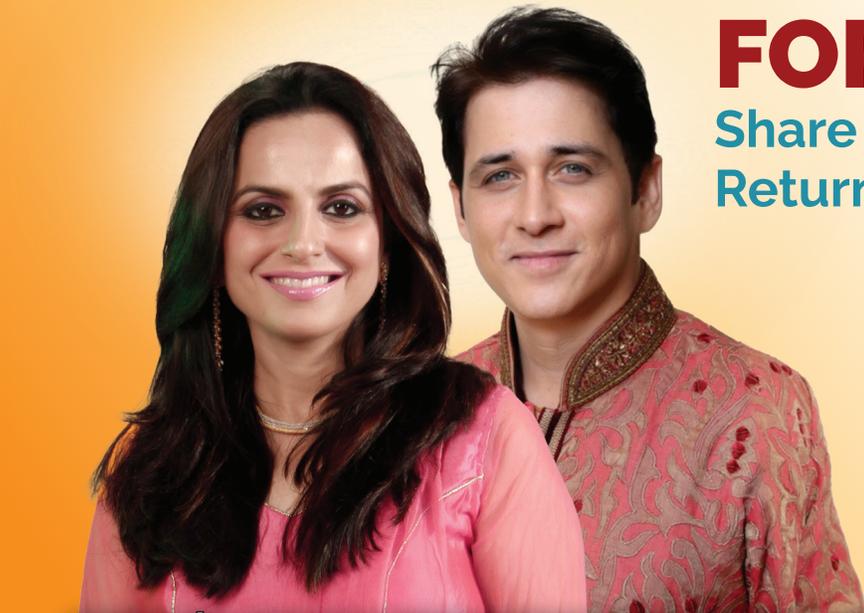
1982-2023

OVER 40 YEARS OF SHARE & CARE
Uniting Generations in Service



HARMONY FOR HUMANITY

Share & Care's In Person Gala Returns on November 4th!



INDIA'S FAVORITE SINGING COUPLE
SAMIR & DIPALEE

We, at Share & Care Foundation, are thrilled to announce our **upcoming gala on Saturday, November 4, 2023** celebrating **Harmony for Humanity: Uniting Generations in Service.**

Featuring performers **Samir & Dipalee**, India's favorite singing couple, our gala will begin at **6:00 p.m. at Bergen County Academies Auditorium** (200 Hackensack Ave., Hackensack, NJ 07601). We are excited to be back as we bring our SCF family together to share peace, hope, and support in unison across the globe. Visit shareandcare.org for ticket details! ●



Ready, Set, Make A Difference

It's time to lace up, stretch your legs, and get ready to run on **Sunday, October 8, 2023** at our 5K Walk/Run. Join us as we get moving and raise awareness and funds for our Signature Programs.

HOW WILL YOU MAKE A DIFFERENCE OCTOBER 8?

shareandcare.org/5K-WALK-RUN

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

RUN | WALK | VOLUNTEER | SPONSOR | DONATE



Sponsorship & Advertisement Opportunities Available

Interested in sponsoring the gala, the 5K, or advertising in our 2023 souvenir book? Please visit shareandcare.org for more information on sponsorship and advertising opportunities.

Kids4Kids Members Help Students in India Bridge the Digital Divide

This summer, members of the Share & Care Kids4Kids (K4K) group traveled to Light of Life Trust's (LOLT) Worli location to educate 40 students in computer science skills. The team of eight, led by Rhea Shah, included Rehan Shah, Shivam Modani, Rhyan Maru, Aarav Gandhi, Arhaan Gandhi, Soha Mehta, and Yuvraj Mehta.

Together, the volunteers taught the students at LOLT how to use Google Docs, Google Sheets, Google Slides, Microsoft Word, and Canva. In addition to computer science skills, the volunteers taught different forms of art to provide a well-rounded experience for each student. One form of art, abstract cubism, allowed the students to be creative when drawing self-portraits using different shapes in order to define their facial features.

For one of the volunteers, Rehan Shah, the experience was inspirational: "I hope to continue empowering underprivileged children, bridging the digital divide, and fostering equal opportunities for education in this world." Rehan hopes to join the volunteer program once again next year to educate more students in computer science as it continues to shape the future. Another volunteer, Rhyan Maru, found the summer program refreshing: "Embracing new teaching methods sparked my enthusiasm and anticipation for each session, making it a refreshing and exciting experience."

For Rhea Shah, coordinating the summer program over a seven-month period was difficult and time-consuming, especially with the time difference between India and the U.S. However, "the look on the faces of each kid made it all worth it" for her. **"I remember one girl whose entire face lit up whenever I looked at her;"** said Rhea, **"those two weeks included inspirational moments and gave me even more reason to fundraise for the students."** For Rhea, being given the chance to teach all of the students was memorable: "The students' dedication to attend each day with smiles on their faces was heartwarming."

To express their gratitude for the opportunity to teach at LOLT, the eight members split the cost of purchasing a school bag for each of the 40 students and sponsoring them in an upcoming marathon fundraiser. To thank the team, a few students handmade cards to give to the volunteers. ●



TOP: Volunteers received certificates in recognition of their work. (L to R: Yuvraj Mehta, Rehan Shah, Rhyan Maru, Arhaan Gandhi, Aarav Gandhi, Rhea Shah, Soha Mehta.)

BOTTOM: During the two-week program, K4K members trained the LOLT students on various computer science skills.

TESTIMONIALS FROM THE TRIP

"Meeting and teaching the underprivileged students in India was one of the best experiences in my life. Each day, we ventured into a poor and rundown area of Worli, Mumbai. The narrow alleys were bustling with activity as families went about their daily lives, selling their food, and acquiring clean water from the tap. We could hear street vendors selling kebabs, old men playing cards in the street, kids playing cricket, and of course the traffic. We stepped into the room and the kids' eyes lit up with anticipation. We guided them through the intricacies of computers, Google Docs, Microsoft Word, Microsoft Excel, and digital art. They had a newfound understanding of a world they had only glimpsed in their full-time school. They felt more confident, knowing that their skills would be very helpful in the current technology-driven market."

— REHAN SHAH, K4K MEMBER

"Training students at LOLT and using applications like Google Docs, Slides, and Sheets has been an enriching experience for me. Witnessing their progress and growth as they grasped the concepts has been fulfilling. The ability to make lessons interactive made learning more engaging and enjoyable for both the students and myself. This experience was completed by the fun I had with my fellow teachers and the amazing students and instructors at LOLT."

— RHYAN MARU, K4K MEMBER

Tackling Anemia: Transforming Lives Through Insight and Action



HEALTHCARE 2 UNREACHED

In India, the startling prevalence of anemia has consistently placed a significant burden on the nation's health. According to a report by S. Kishore from the National Library of Medicine, anemia has been found to be the second leading cause of maternal deaths.

These statistics paint a grim picture, but hope glimmers in the corners of Kamatchipuram, a rural resettlement in Tamil Nadu. Collaborating with CENDECT, Share & Care launched a high-impact initiative to treat anemic patients, focusing on those groups most at risk. The mission was clear: raise awareness, promote the intake of iron-rich foods, and ensure the availability and administration of necessary treatments.

The broader framework of this project encompassed preliminary screenings, disseminating information on noncommunicable disease (NCD) risk factors, and

networking with stakeholders. Through organized efforts, such as home-based screenings, medical camps, and consistent follow-ups, the team aimed to address this public health crisis at its roots.

In the first year alone, the project showed promising results. For every 100 people screened, approximately 39% were found to be anemic, with 4% being severely so. Each of these individuals was provided with treatment ranging from injections to medications and dietary advice. This simple but effective initiative has showcased an incredible rate of success. ●



People gather to wait for a health screening at a CENDECT medical camp, supported by Share & Care.

STRIKING IRON: REAL SUCCESS STORIES

The individual stories of health transformations and life revitalization stand as a testament to the impact and necessity of our initiatives.

Mrs. Deepika: The 29-year-old Mrs. Deepika came to our clinic after hearing of our services at one of our anemia awareness camps. She presented with muscular cramps in her legs, loss of appetite, and occasional dizziness. After diagnosing her with severe anemia, our team screened for her iron-binding capacity and found it to be diminished due to malnutrition. Her treatment plan was developed not just to include iron injections and vitamin supplements to boost her iron absorption, but dietary counseling as well. Today, she enjoys good health and a robust appetite. To ensure her continued health, we will screen Mrs. Deepika every 6 months.

Mr. Harish: At age 24, Mr. M. Harish walked into the clinic with questions about anemia after hearing about our services at an awareness camp held in his village. He was interested in being screened for anemia but had concerns about the treatment and how it would impact his existing thyroid condition and the medication he takes to manage it. After diagnosing him with mild anemia we were able to counsel him on the efficacy of our treatments and assure him it would not interact with any of his medications. After taking ferrous sulfate and zinc supplements for a month, he was rescreened and found to have normal hemoglobin levels with no negative impact on his thyroid's performance. He is happy to say he has renewed energy and is much more active than before.

Such stories are the lifeblood of this initiative, showcasing the potential of community-driven projects to reshape lives. The successes observed in Kamatchipuram underline the importance of awareness, early detection, and timely treatment. Through collective effort, it becomes evident that the battle against anemia can indeed be won, one life at a time.

Moreover, the data reveals anemia's widespread impact across multiple demographics including:

58% of rural children aged 6-8



53% non-pregnant women aged 15-49



50% of all pregnant women



22% of men aged 15-49



54% of adolescent girls



29% of adolescent boys



**EDUCATE 2
SUCCESS**

Bridging the Digital Divide: How Access Transforms the World Around Underprivileged Students

Recognizing how crucial digital literacy is in this age, NGO partner Y4D, in collaboration with Share & Care, aims to provide government schools with the digital infrastructure and training necessary to instill these skills in students. To do so, Digital Training and Research Centers are established, and teachers are trained on the courses so they can pass this knowledge on to their students, all at no cost to the children or their families. ●



Students prepare for their session in a Share & Care-supported digital lab.

Digital Training and Research Centers:

Location	Name of School	Beneficiary Count
Mahalunge, Pune, Maharashtra	Namdeorao Mohol & Krida Pratishtan's Secondary School	500+
Thane, Maharashtra	Shri Rajarshri Shahu Vidyalyaya	1,100+
Bardoli, Gujarat	BABS School	1,300+
Gautham Buddha Nagar, Uttar Pradesh	Vivekananda Vidyapeeth School	1,200+
Kosamba, Gujarat	V. S. Patel High School	600+
Velachha, Gujarat	Jay Shankar Dada High School	700+
Lonavala, Maharashtra	V.P.S School Lonawala	6,000+
TOTAL BENEFICIARY COUNT		11,400+

MEET RUCHI

Ruchi R. Barsadiya is an enthusiastic 8th grader at BABS High School who has developed a passion for computers. Before attending classes through the Y4D lab, supported by Share & Care, her understanding of computer science was limited but her enthusiasm to explore was not.

These classes proved to be a turning point for Ruchi as they provided her with a structured learning environment for computer concepts. Under the guidance of experienced instructors, she gained valuable insights into various aspects of computer

science. One of the significant areas she explored was statistical analysis using Excel. Ruchi not only learned the basics but also delved deeper into advanced techniques for data analysis. This newfound knowledge empowered her to utilize Excel as a powerful tool for organizing and interpreting data.

Moreover, the digital lab experience broadened Ruchi's horizons beyond software applications. She acquired detailed knowledge of computer hardware, allowing her to understand the intricacies of computer systems and their components. This comprehensive understanding of both hardware and software enabled her to analyze and troubleshoot computer-related issues with greater proficiency.

Despite her current proficiency, Ruchi remains eager to expand her knowledge and skills in advanced Excel functionalities. She is aware that there is much more to learn. Ruchi believes that the digital lab will continue to be an invaluable resource for her, providing her with the necessary guidance and opportunities to enhance her expertise.



Fostering Bright Futures: Program Harnesses & Empowers the Potential of Students

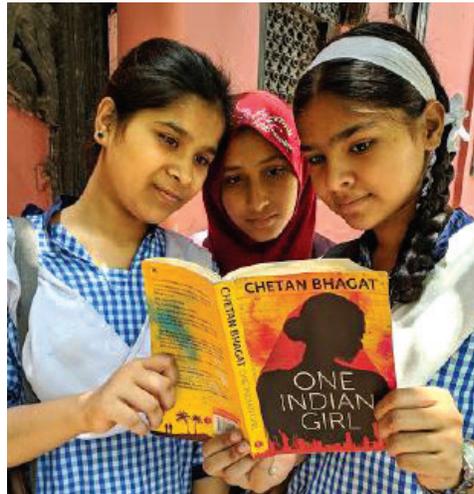


EDUCATE 2 GRADUATE

For many students in India, the yearly expense of attending college is greater than their entire family's yearly income. Our Educate 2 Graduate (E2G) Signature Program aims to make college education a reality for these underprivileged young scholars and set them on a path to a financially secure future, free from the generational cycles of poverty. E2G works with NGO partners like the Lila Poonawalla Foundation (LPF) in Pune, Maharashtra to identify brilliant, but financially disadvantaged college students and provide them with scholarships of up to \$1,000 per year over the 4-5 year course of their degree program.

LPF's program, Leading Indian Ladies Ahead, shares our belief in the potential of these young scholars and the generational change they can harness. It promotes girls' education and women empowerment and is supported by both our E2G and Women Empowerment committees. To date, this program has transformed the lives of more than 14,200 young women, 35 of whom recently received scholarships while they are enrolled in engineering, pharmacy and nursing degree programs. Beyond scholarships, LPF students also receive holistic training to ensure that they have the skills necessary to lead successful, independent lives once they graduate.

Since E2G's inception in 2006, Share & Care has awarded more than \$2.5 million in scholarships to more than 1,750 deserving students as they pursue degrees in engineering, medicine, nursing, pharmacy, and computer science. The typical beneficiary comes from a family of four with a total income of less than Rs. 2 lac per year. Data collected from more than 800 working graduates shows that E2G beneficiaries are now earning between Rs. 2-50 lac per year, a multifold increase over their family's income. Additionally, it's conservatively estimated that the program will have a 20 times return on investment over the next decade, with even more growth thereafter, and generate more than \$22 million in family wealth in five years. ●



LPF scholars receive a holistic education that promotes empowerment and independence.

HELPING MUSKAN PLANT THE SEEDS OF GENERATIONAL CHANGE

Muskan's parents are her biggest inspiration. They reside in Pune, where her father is an electrician and her mother is a homemaker. Throughout her childhood, Muskan watched as her family struggled to make ends meet due to her father's unstable income. When the COVID-19 pandemic struck, their financial situation tightened even more. Muskan saw the emotional stigma attached to her parents' lack of education and the stereotypes associated with her community. Despite this, with unwavering support from her family, she applied to Share & Care's Educate 2 Graduate scholarship program through the Lila Poonawalla Foundation. Muskan is now working toward her bachelor's degree from the Allana College of Pharmacy, and she is doing extremely well in her studies. She hopes to one day help others like her receive the support they need to succeed.



"I am grateful to LPF and Share & Care for giving me timely support, helping me with my college fees and bringing me one step closer to my dream and pursuing a career of my choice. Once I start earning, I would love to support girls like me to pursue their dreams and a career of their choice."

—MUSKAN, SHARE & CARE EDUCATE 2 GRADUATE PROGRAM BENEFICIARY

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WOMEN EMPOWERMENT

A Decade of Women's Empowerment: Sparked by a Tragedy, Ignited by a Vision

The Nirbhaya case of 2012 marked a pivotal point in our collective consciousness. This incident, while deeply troubling, acted as a powerful catalyst for us at Share & Care to decisively address the systemic issues of violence, abuse, and inequality faced by women. The case didn't just stir our emotions — it ignited a resolve within us to confront these deeply-rooted problems head-on.

Fueled by this commitment, we assembled a devoted Women Empowerment Committee, tasked with pioneering evidence-based approaches to empower women. This decision birthed a signature project that would pave the way for our women empowerment initiatives for years to come.

Among various issues, personal safety and preventing physical abuse emerged as a prominent focus. We recognized the potent role of self-defense

training in fostering self-confidence, self-efficacy, and assertiveness. In collaboration with NGOs such as Sanskar Tirth, we have provided pivotal self-defense training to adolescent girls for over 10 years. Today, this training forms the backbone of all our women empowerment initiatives. ●



Members of the Sanskar Tirth at a recent competition in Surat.

“I am delighted to express my feelings of gratitude for Share & Care to provide constant support to Sanskar Tirth.”

**DR. YOGINI R. MAJMUDAR
MANAGING DIRECTOR
SANSKAR TIRTH - AJOL (GUJARAT)**



Two of our students, Ankita Manubhai Bambaraniya and Janki Hiteshbhai Joshi, stand as living testimonials of the power of our initiatives.

Ankita shares, “Since I have joined the training, my speed, agility, and flexibility have been improved. I got rid of laziness. My strength and courage have increased. Now I am not afraid to go out alone with confidence.” The resilience, ambition, and newfound confidence that our program instills in its participants are perfectly encapsulated in her words.

Janki's story is no less inspiring. She says, “Earlier, I used to think that only education is necessary to advance in life. But after coming to Sanskar Tirtha, my confidence grew when I got karate training. I have developed a distinct identity. Today I have my own unique identity, and I am very happy about this.”

As we look to the future, we remain committed to our mission — to continue breaking barriers and championing women's empowerment. Your unwavering support propels us forward as we strive for a safer, more equitable, and empowered future for every woman.

Agents of Change: Share & Care Team Witnesses Impact of Lokmitra Program



Earlier this year, Share & Care Foundation members visited four villages in Gujarat alongside members of the Environmental Sanitation Institute NGO team and 12 Lokmitras to witness the impact the Village Upliftment program has had over the last three years. With the support of Share & Care, the Lokmitras, or “friends of the people,” offer assistance, education, and mentorship in their villages to uplift that community.

Their tour began in the village of Lilapur, where Lokmitra Bhupat has catalyzed the whole village through multiple interventions, including a school transformation, supporting women, inspiring youth, and building a saree library. Members visited the school built by the Lokmitra, where they learned that because of the investment in the school, girls’ dropout rates have decreased, and students are taking more of an interest in their studies. They also visited the first local library in Lilapur and the saree library, a former Share & Care initiative still serving the community well after many years.



Members of the Share & Care team toured four villages to view the impact of the Lokmitra program.

The journey continued to Bharvadvas, an interior nomad community without electricity, water, or school before the Lokmitras arrived. The Lokmitras became role models in the community and brought solar lights into each home. They inspired the first student of the community to join the armed forces. In Bharvadvas, they also met Maya, who was inspired to become a singer by Parthiv Gohil during his visit. Gohil was so impressed by Maya’s voice that he committed to providing her a stage to perform live — alongside a famous singer.

Later in Pedhambali, members witnessed Lokmitra Jaldip and Snehal’s incredible spirit of service, where they not only served the villagers but inspired the next generation of youth, many of whom are volunteering in their villages or serving as Lokmitras and Shiksak Mitras. The group also visited the organic farm maintained by the Lokmitras and the first women-run dairy production. The dairy produces 10,000-12,000 liters of milk per month, generating 4.5 lakh monthly. Finally, the visit culminated in the village of Bhanpur, where the Lokmitras, Shiksak Mitras, and community volunteers gathered to exchange their stories and experiences while being “noble friends.” ●



In the village of Pedhambali, the group visited an organic farm as well as the area’s first women-led dairy.

The changes across the villages were abundantly clear from their tales, including:

- Awareness throughout all 12 villages and ripple effects throughout the vicinity;
- Impact on their villages and target groups like farmers, women, children, and teens;
- Transformation of themselves as they focus on bringing change to others;
- Recognition of the Lokmitra program by the government of Gujarat; and
- Infrastructure developments due to the continued presence of the Lokmitras.



SHARE & CARE FOUNDATION
 350 West Passaic St. 2nd Floor,
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“One child, one teacher, one pen, and one book can change the world.”

— MALALA YOUSAFZAI

With your generosity, we can continue to change the world in lasting, sustainable ways. Will you be the one to help?

Members of Share & Care Kids4Kids teaching while on their visit to India.

Count me in! I want to make a lasting impact.

You can rely on me. I want to join Share & Care Foundation in creating lasting, sustainable change in India by ensuring everyone has access to **Education, Healthcare, and Gender Equality** through the following donation:

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

My gift is in memory of in honor of: _____

My gift will be matched by: _____

Name _____ Phone _____

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