



WORLD HEALTH DAY • APRIL 7

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Dear First Name,

This **World Health Day**, we're highlighting our partnership with the Chetana Empowerment Foundation in Aurangabad, Maharashtra. Their initiative, Emotional Wellness Through Digital Wellness, supported by Share & Care's Healthcare 2 Unreached Signature Program, aims to combat the rise in digital addiction and its impact on mental health, particularly in students.

A strong correlation has been established between the level of digital addiction and anxiety, depression, sleep disturbances, and overall quality of life. Through awareness, prevention, group therapy, and personal counseling, **we're making strides toward a healthier tomorrow.**

With over 2,675 program participants and 195 group and individual counseling sessions, we've seen remarkable progress since the program's beginning in 2019. Students who participated deleted unnecessary apps from their phones, decreased screen time, improved academically, and increased their confidence. **Hear from just a few students whose lives have been touched by this program:**



“

I was amazed at how counseling could help me with communication and goal setting.

— Manasi Holani



“

The counselor's patience, understanding, and empathy allowed me to share my deepest fears and anxieties and work through them in a supportive environment.

— Rohit Dhoot



“

For the first time I felt like someone was really listening to me and giving me the respect that I deserved

— Sheetal Chavhan

Help us sustain these vital services and create a positive impact.

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Warm regards,
The Share & Care Community



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