

LETTER FROM THE PRESIDENT

Celebrating Mothers Everywhere

On this Mother's Day, Share & Care celebrates and honors all our mothers, grandmothers, and even great-grandmothers. Whether genetically related or not, they all hold a special place in our hearts. They are society's guiding lights and support system. Their love has no bounds of caste or socio-economic status. We owe them our gratitude, love, and support.

A mother forms the foundational pillar of a household. Together, we work to strengthen these pillars by supporting mothers across India through our education, women's empowerment, and health awareness programs. Through your vital support, we provide them the strength to overcome circumstances and raise entire families out of poverty. All these mothers collectively form "Mother India" or "Bharat Mata." Whether through our community work in the

USA or in India, by aiding mothers, we strengthen the fabric of both nations.

As we remember all mothers on Mother's Day, we are also keenly aware of the many children who are orphaned and survive without a mother's love and nurturing. Although we ache for their loss, Share & Care tries to provide these children with the education and skills needed for success with the generosity of our patrons. The poignant loss of a mother is well expressed by Rabindranath Tagore in his famous Bengali poem, "I Cannot Remember My Mother."

Please reach out to thank all the mothers around you while being thoughtful of those who grow up without a mother's precious love. Remember the words of Mother Theresa, "It's not how much we give but how much love we put into giving."

Saumil Parikh, President

I Cannot Remember My Mother by Rabindranath Tagore

*I cannot remember my mother
only sometimes in the midst of my play
a tune seems to hover over my playthings,
the tune of some song that she used to
hum while rocking my cradle.*

*I cannot remember my mother
only when in the early autumn morning
the smell of the shiuli flowers floats in the air
the scent of the morning service in the temple
comes to me as the scent of my mother.*

*I cannot remember my mother
only when from my bedroom window I send
my eyes into the blue of the distant sky,
I feel that the stillness of
my mother's gaze on my face
has spread all over the sky.*

Mothers come in many forms. At the Ashram Vinay Mandir residential school, underprivileged girls have built a loving, supportive family, with many becoming cherished mother figures to one another.



WOMEN'S EMPOWERMENT

From Silence to Strength: Empowering Kashmir's Girls

In the valleys of Kashmir, where traditional expectations often limit young women's voices, we have worked with NGO Oasis' Saamarthya Project to create a beacon of empowerment, turning self-doubt into confidence and strength.

Yaami Saika's journey exemplifies this transformation. She first learned of the project in 2019 at a time when she most needed it. "I wasn't in a good place – mentally, emotionally or spiritually," Yaami recalls. Yet her decision to join the program became a turning point in her life.

During her first year, she felt genuinely proud of herself for the first time. However, the pandemic set her back. Though she remained connected virtually, she lost her initial confidence. Returning in 2022, she arrived hopeful, but quickly felt lost. "I felt invisible. I couldn't speak; I thought I didn't belong." She persisted and returned in 2023 and 2024, each year learning, growing, and finding her voice. "I saw myself as a leader, and others saw it too." Today, she serves as Chief Coordinator for District Srinagar and Assistant Chief Coordinator for Kashmir, mentoring girls who remind her of her former self.

Yaami is not alone; Huda Zehra shares how she was transformed from a girl who left her home to confidently traveling alone to Gujarat for the program. "My doubt turned to determination. Now, I live to empower girls like I once was: silenced."



Top: Each year, we witness countless young women gain the confidence to lead and uplift their communities. Illustrations: Yaami once struggled to speak up, but has become the version of herself she once prayed for.

Ripple Effect of Empowerment

"I recall vividly, in the aftermath of the tragic events in Kashmir, reaching out to the team at Oasis. What I heard in response was a deeply compassionate message, one that emphasized friendship, unity, and support over division," said Dr. Ketki Shah, Women Empowerment Chair.

This philosophy is clear in the Saamarthya Project's powerful "Pay It Forward" method. Each empowered girl becomes a catalyst for change in her community. As part of our ongoing initiative, 20 girls participate in intensive 5-day Leadership Empowerment camps, returning to conduct programs in their schools and neighborhoods. Building on the success in Kashmir,

the program is being replicated in 10 regions across India at customized Dream India Camps. ●

Dr. Ketki Shah,
Chair, Women Empowerment

“
I have found my light,
and now I help others
find theirs.”

YAAMI SAIKA
Saamarthya Project Graduate

Healing the Unseen, Reaching the Unreached

For over 40 years, Share & Care's dedicated journey to bringing healthcare to some of the most underserved communities across India has been driven by purpose and promise. Our partners on the ground — the true foot soldiers — carry that promise into the lives of those who need it most.

In the rural villages of Tamil Nadu or the remote forests of Manipur, hospitals and doctors are often miles away. Illnesses go untreated, and preventable diseases take lives. But hope arrives in the form of our brightly painted **mobile health vans** operated by our partners Kalanjiam in Tamil Nadu and the Rural Health Organisation in Manipur. These mobile clinics bring doctors, nurses, and counselors directly to the poorest communities. Inside, women are screened, children receive nutrition guidance, and the elderly find comfort in long-awaited care. For mothers, this means renewed strength to work and simply live free from constant fatigue.

Prevention is as vital as treatment. With the Rajkot Cancer Society in Gujarat, we lead efforts to detect breast and cervical cancers early through routine screenings, mammograms, Pap tests, and HPV vaccinations for young women. Each vaccine is not just protection — it's a promise of a healthier tomorrow.

Anemia affects over 70% of women and children in India. Partnering with the Saurashtra Kidney Research Institute, we serve over 600 villages in

Gujarat's tribal areas. Screenings, deworming, and treatments with iron, folic acid, and vitamin B12 are delivered at just \$1 per person — an astonishingly cost-effective solution with life-changing results.

Saving lives at birth is a cornerstone of our mission. Together with the Sairam Health Care Charitable Trust in Maharashtra, we support 25 villages through a comprehensive maternal and child health program. Traditional birth attendants, health supervisors, and nutrition educators work hand in hand to provide family planning, immunizations, and low-cost nutrition guidance. In Gujarat's tribal regions, we fund **Special Neonatal Care Units**, operated by SEWA Rural, across Bharuch and Narmada districts, tackling the three leading preventable causes of infant death: premature birth, delivery complications, and early infections.

We also recognize the urgent need for mental healthcare. Our integrated **Mental Health & Life Skills** education program empowers rural and tribal adolescents through menstrual hygiene awareness, counseling, and life skills training — ensuring young people, both in and out of school, can thrive. Beyond this, our partner, the Chetana Foundation in Maharashtra, addresses **digital addiction** and related mental illnesses. Where stigma often silences suffering, compassionate counselors listen, guide, and connect individuals to ongoing care. For many, this is the first time their struggles are acknowledged — and their healing journey is begun.

In partnership with the Indian Medical Scientific Research Foundation in Gujarat, we have launched a life-changing initiative

to eradicate **thalassaemia** — a blood disorder that causes infections, bone deformities, delayed growth, and even life-threatening complications. We aim to screen 20,000 young people in the first year, preventing high-risk couples from passing thalassaemia major to their children. Our genetic and family counseling, awareness campaigns, and supply of lifesaving blood to underprivileged patients are completely free.

Your support fuels every one of these efforts — helps a van reach a new village, a patient receive life-saving care, and a child grow into a healthier future. With Share & Care, healthcare is not a privilege for the few — it is a right for all. Because healing shouldn't depend on distance — and hope should never be out of reach. ●

Dr. Bharati Palkhiwala, Chair, & Viswanatha Gurunathan, Co-Chair, Healthcare 2 Unreached



Grit & Divine Timing: Making Mayur's Bright Future Possible

Mayur Rakeshbhai grew up in Amroli, Surat, with his mother, father, and a younger brother. His mother is a homemaker, and his father a carpenter, as was his father before him. Mayur's mother's dedication to her family "knew no bounds," his father "labored tirelessly" to provide a steady income. Mayur called himself an average-to-good student. He scored 94% on his 10th board exams, which earned him some scholarships — a blessing for the entire family.

“I owe my journey to my parents’ toil, my own grit, and the divine timing of HEST/SCF support. From the lows of failure to the highs of success, every step has shaped me.”

However, by 12th grade, Mayur's scores plummeted. His boards dropped from 94% to 66%, and his other exams had similar outcomes, placing him at the low end of average, limiting his college options.

Mayur was overwhelmed with sadness and embarrassment. He worked hard to find a new resolve to push forward with his education. He recounts many tears and sleepless nights, but his determination eventually earned him a 95% on boards and a chance to attend Dhirubhai Ambani University in Gandhinagar, Gujarat!

Mayur's next challenge was tuition. He secured a government scholarship, but his parents could not make up the difference. Then he applied for and was accepted into the Educate 2 Graduate (E2G) program, securing a grant of Rs 60,000 annually.

Our E2G program provides scholarships over 4-5 years to brilliant, financially disadvantaged college hopefuls. Once accepted, students like Mayur receive emotional support and access to mentors, professional development tools, and resources in addition to scholarship funding.

“That scholarship was nothing short of a blessing, relieving my father of the worry of extra fees and allowing him to focus on his craft.”

Mayur credits the scholarship with helping make his bright future possible. Today, Mayur is a Commotion (Mvement Software Solutions) software engineer and earns 20 times his father's income. ●

**Dilip Parikh, Chair,
Educate 2 Graduate**

\$2,819,388
invested in E2G to date

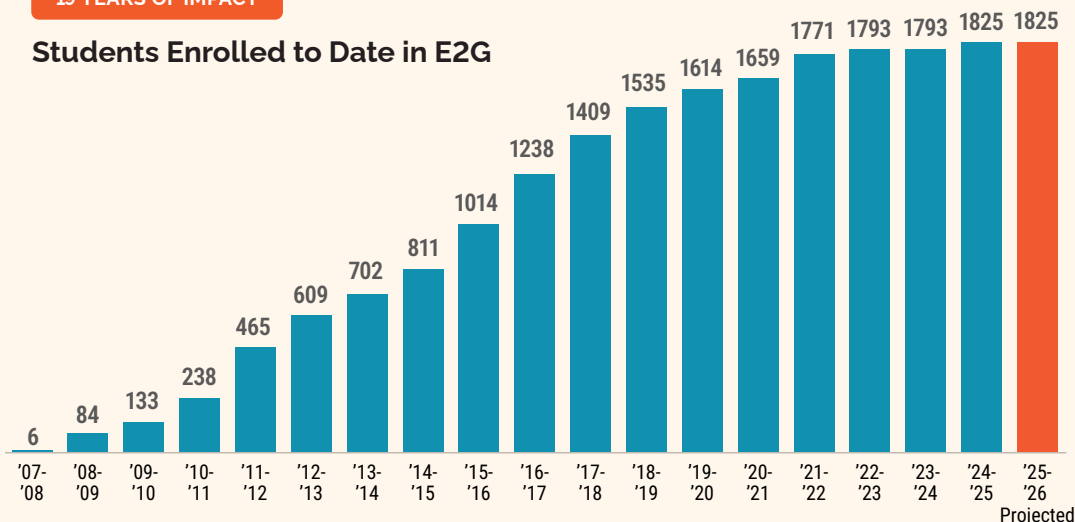
1,800+
families transformed

\$1,000
per student, per year

20x
return on investment

19 YEARS OF IMPACT

Students Enrolled to Date in E2G



E2S and the Light of Life Trust Anando Project

Our work with the Anando project, part of the Light of Life Trust, began 10 years ago with the mission to reduce poverty through a myriad of channels, including education and livelihood training. Our Educate 2 Success program seeks to help at-risk students complete their education and become confident, productive citizens capable of financial independence.

Together, we are working to assist the thousands of children in Maharashtra, Madhya Pradesh, Rajasthan, and Odisha who do not attend school due to poverty, neglect, or discrimination. The program removes roadblocks for students at risk of dropping out and, once they graduate, helps them qualify for further education or seek employment opportunities aligned with their interests, aptitude, and capacities. **They call this the 3E approach: Educate, Empower, and Equip for employability.**

Students receive individual support, and programs include providing educational materials, offering remedial education classes in math and English, organizing confidence-building weekend workshops, providing parent counseling, and offering teacher training.

Employment and Earnings Impact

Fact: 91% of the parents of Anando beneficiaries earn less than Rs 5,500 monthly. Today, 76% of employed E2S beneficiaries earn between Rs 5,500 and Rs 80,000 monthly. Higher wages can have a major, positive impact on families and their communities for generations to come.



In addition to one-on-one support, E2S students are equipped with the supplies they need to succeed, such as these colorful backpacks.

Academic Impact for Females and Tribal Communities

The impact on both female and tribal students has been phenomenal. As of December 2025, the total number of beneficiaries is 2,017, of whom 55% are enrolled in higher education, with most being female students. In comparison, only 33% of female students in Maharashtra are seeking higher education.

Tribal communities have historically faced significant barriers to accessing higher education, and the program has successfully supported 925 tribal students currently enrolled in higher education.

Social Impact

Early marriage is linked to a higher risk of impoverishment for both individuals and communities. The average age at marriage in these regions is 16, while the average for female program beneficiaries is 22.

More than 1,500 student beneficiaries are contributing socially and serving on the Anando Task Force.

Through our E2S program, Share & Care helps hundreds of at-risk

students every year complete their education and become compassionate, confident, and productive adults capable of achieving financial independence. Thanks to you, our supporters, E2S is making a real and growing impact on families and their communities. Let's keep at it until the day we're no longer needed. ●

Dr. Shirish Patrawalla, Chair, Educate 2 Success

\$138 ANNUAL COST PER STUDENT

What \$138 Buys:

- Books
- School Bag
- Uniform
- Stationery Supplies
- Required Science Tools
- Family Visits
- Counseling
- Math & English Classes
- Empowerment Workshops

Meet Our New K4K Leadership Team

SAISHA VARAIYA
President

ANOUSHKA PARAKH
Vice President

ARIA SHAH
Liaison

SWARA JHAVERI
Secretary

ARHAAN GANDHI
Treasurer

SHANAYA PARIKH
Assistant Treasurer

AANYA PARIKH
Co-Marketing
Director

KHRISH SHAH
Co-Marketing
Director

ANYA SHAH
Community
Outreach Manager

KRITHI MITTA
Branding
Ambassador

NIRVANA SINGH
Newsletter Secretary

Support Kids4Kids

Visit us online to learn more, make a donation, shop our merch, and follow us on social media: shareandcare.org/get-involved/kids4kids/

Or email us at kids@shareandcare.org to connect with us.



KIDS4KIDS

Kids4Kids Making a Difference

What is K4K?

K4K is Share & Care's team of around 90 energetic and dedicated student volunteers in support of Share & Care's Educate 2 Success program. The K4K committee organizes fun fundraisers to support underprivileged children in India.

2026 Goals

We aim to make a difference in empowering and educating children in India. Our goals:

- Raise **\$20,000** through fundraising events and donations.
- Encourage more high school students in the New Jersey/ New York area to join and volunteer with us.
- Increase collaboration between the K4K committee and the larger K4K group.

Our 2025-26 Fundraisers Thus Far

Bowling Tournament 2025: In October 2025, over 30 enthusiastic participants came together for an exciting and memorable evening of bowling and arcade games. The group filled the lanes with their positive energy, laughter, and friendly competition. After an hour of spirited bowling, we had a delicious dinner followed by two hours of unlimited arcade games. Congratulations to the bowling champions, Aanya Parikh, Saisha Varaiya, Khush Mehta, and Neeya Gupta, for their outstanding teamwork and impressive scores. The event was a true *strike* of success, combining fun, food, and fundraising in one unforgettable night. We extend our heartfelt gratitude to all donors and supporters whose kindness and commitment continue to make a lasting impact. The fundraiser raised nearly \$2,800 to support future community initiatives and programs.

Pickleball Tournament 2026: In January, the K4K team hosted a sold-out pickleball tournament in collaboration with the SPORTIME Pickleball Club. Team members dedicated significant time, effort, and attention to detail to ensure a seamless and enjoyable experience for everyone. Thanks to the generous support of our sponsors, participants, and enthusiastic pickleball players, the tournament exceeded expectations and raised approximately \$16,000 in support of our mission. We extend our sincere gratitude to all who contributed to the event's success and helped us reach our fundraising goal. ●

The K4K committee would like to thank Shabri Mitta, K4K Chair, for being our pillar of inspiration and source of support.



Make An Impact With Our Signature Programs

- \$130** Breaks the generational cycle of poverty by educating 1 girl. ▶ [Educate 2 Success](#)
- \$140** Provides 1 at-risk child under age 13 with a secondary education. ▶ [Educate 2 Success](#)
- \$200** Treats 200 girls with hemoglobin checks, medications, and supplements to prevent and treat anemia. ▶ [Healthcare 2 Unreached](#)
- \$350** Empowers 1 woman with livelihood training and equipment, plus gender equality and self-defense education. ▶ [Women Empowerment](#)
- \$500** Provides 5 marginalized female students with safe lodging, education, and training for personal growth. ▶ [Women Empowerment](#)
- \$1000** Bestows 1 bright, low-income student with a college scholarship for one year. ▶ [Educate 2 Graduate](#)
- \$2500** Vaccinates 100 women against HPV, preventing cervical cancers. ▶ [Healthcare 2 Unreached](#)
- \$5000** Provides 5 girls Nursing scholarships for one year and increases the nation's healthcare workforce. Funding support for four years recommended. ▶ [Educate 2 Graduate](#)

Discover the Many Ways to Give

Besides making a one-time monetary donation, here are a few ideas to help find ways of giving that work best for you.

Stocks & Mutual Funds

Giving stocks and mutual funds is easy, and can be designated to a cause of your choice. Contact our office for information to share with your broker.

Honor a Loved One

Our online donation check-out process has an option to add the name of someone you wish to honor or memorialize, including ways you can share the acknowledgment. Looking to raise funds in honor of someone? Reach out to us, and we can create an online donation page to share with your friends and family to honor your loved one.

Leave a Legacy

Plan future gifts to our projects from a will, life insurance policy, retirement account, or other asset.

Donor-Advised Funds

Our donor advisory program has inspired hundreds of donors and funded more than \$20 million in donor-selected projects. For more information on minimum donations, fees, and FAQs, visit shareandcare.org/daf.

Recurring Giving

Giving monthly is a convenient, budget-friendly way to support a cause you care about, and it's easy: Simply choose "Monthly" in our online donation form, and it will guide you through the process.

Contact Us

For all the ways to give, please don't hesitate to email us at info@shareandcare.org or call 201-262-7599.

MANAGEMENT

Saumil Parikh, President; Suresh Patel, Treasurer

BOARD OF TRUSTEES

Sharadkumar Shah, Chairman; Aditi Vyas, Secretary

EDITORIAL & STAFF

Tejal Parekh, MA Sp. Ed., Director, Marketing & Operations



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“Even while working hard, a mother’s lap remains the safest and most comforting place for her child. It reminds us how essential a mother’s warmth and presence are in a child’s life.”

SABARMATI ASHRAM TRUST

Count me in! I want to be a friend to those in need.

I want to join the 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 _____

Address _____

City _____ State _____ Zip _____

Email Address _____



Please help us go paperless by providing your email address (printed clearly). This will allow us to email you an environment-friendly donation receipt and/or acknowledgment.

Please make checks payable to “Share & Care Foundation” or donate online at shareandcare.org
 Mail to: 350 West Passaic St. 2nd Floor, Rochelle Park, NJ 07662
 201-262-7599 | info@shareandcare.org | www.shareandcare.org

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