



MONTHLY NEWSLETTER JANUARY 2026

SPARSHA CHARITABLE TRUST

CARE FOR HUMANITY...

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**BE A PART OF
SPARSHA'S
JOURNEY**



**WHERE CHILDREN GROW,
COMMUNITIES RISE.**



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Dear Friends and Supporters,

As we begin a new year, January has been a time of renewed energy and commitment at Sparsha. Each activity carried out this month reflects our belief that sustainable change begins when communities come together with awareness, participation, and hope.

Through our programs—Shiksha, Sanskar, Swayam, Saksham, and Sehat—we continue to reach children, youth, and families with initiatives that promote education, health, life skills, and community responsibility. Interactive learning sessions, awareness programs, and community engagement activities conducted this month encouraged children to learn with curiosity while empowering parents and community members to participate in their development actively.

What makes these efforts meaningful is the collective spirit behind them. Teachers, volunteers, parents, and community leaders all play a vital role in shaping environments where children can grow confidently and communities can become stronger and more self-reliant.

As we step into 2026, Sparsha remains committed to nurturing informed children, empowered families, and sustainable communities. I extend my heartfelt gratitude to all our partners and supporters who continue to walk with us on this journey of impact.

Warm regards,

Sarika Desai

CEO

Sparsha Charitable Trust



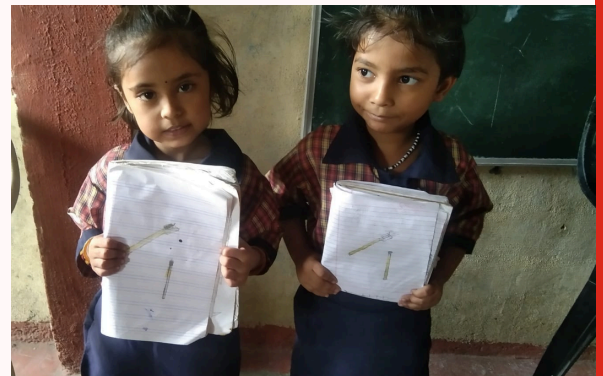
SHIKSHA PROGRAM

OUR ACTIVITIES IN JANUARY 2026



In the Shiksha program, teachers engaged young learners in a joyful number-writing session. Through guided practice and fun activities, children gained confidence in recognizing and writing numbers, building a strong educational foundation. Teachers nurture each child's love for learning with care and patience.

In the Shiksha program, teachers taught children proper brush techniques during an art session, fostering excitement and creativity as they created beautiful drawings. This activity enhanced motor skills and encouraged self-expression, making learning enjoyable and meaningful for young learners.



In the Shiksha class, teachers used simple explanations and pictures to introduce children to domestic animals. Students learned animal names and their roles in daily life through an interactive and enjoyable session. These activities foster awareness and curiosity in young learners.

The Shiksha program celebrated the New Year with joyful activities at the center, where children enjoyed music and shared smiles with teachers and friends. This celebration fostered happy memories and a sense of togetherness, marking a hopeful start to the New Year.



SANSKAR PROGRAM

OUR ACTIVITIES IN JANUARY 2026



In the Sanskar program, teachers held a session on solving unseen passage questions. Students learned reading techniques and how to comprehend passages and answer questions, boosting their comprehension skills and exam confidence. This guided learning aids in improving academic performance.

In the Sanskar program, teachers used audio-visual learning to teach action words, helping students easily understand verbs through relatable examples. The interactive session made learning enjoyable and enhanced language skills, demonstrating that innovative teaching methods foster better engagement and interest.



In the Sanskar program, students engaged in an enjoyable kickboxing session that enhanced their physical fitness, focus, and self-discipline. They learned basic moves and the significance of self-defense, fostering confidence, strength, and a healthy lifestyle.

Volunteer teacher Nandani led a session in the Sanskar program for Classes 1 to 7, explaining various types of banks and daily financial concepts through simple examples. This initiative promoted financial awareness and practical learning, helping students build foundational money knowledge early on.



SWAYAM PROGRAM

OUR ACTIVITIES IN JANUARY 2026



In the Swayam program, an in-person mentoring session provided students with personal guidance on learning, goals, and self-growth. Students expressed their thoughts, gaining motivation and clarity for their futures. Such sessions foster confidence and positive direction among students.

In the Swayam program, teachers assessed students' exam readiness through an English grammar test, evaluating their grammar understanding and language skills. This assessment provided guidance for improvement, enhancing preparation and confidence for upcoming exams.



In the Swayam program, teachers delivered a math lecture with step-by-step explanations, followed by guided practice. This approach reinforced understanding, enhanced problem-solving skills, and fostered confidence and interest in mathematics through regular practice.

The Swayam program featured an engaging science lecture where teachers used simple examples to enhance understanding. Students actively participated and displayed curiosity, promoting scientific thinking and a passion for learning.



SAKSHAM PROGRAM

OUR ACTIVITIES IN JANUARY 2026

On January 9th, a parents' visit under the Saksham program was held at SNTD College's Legal Aid Cell, attended by over 50 parents. Advocate Dilshad Chunara led the session, offering guidance on legal rights and support systems, making it an informative and empowering experience for attendees.



A waste segregation awareness session in the Kokari community, supported by volunteers, educated members on the significance of separating wet and dry waste. The initiative promoted responsible waste management and environmental cleanliness, contributing to a cleaner, healthier neighborhood.

A child marriage awareness program in Kokri Agar, conducted by CCDT, utilized a street play to highlight the social, legal, and health impacts of child marriage while promoting education and child rights. Over 50 community members participated, reaching a total of 250 beneficiaries and fostering positive social change.



This month, an Anger Management session for children and parents was conducted with the support of teachers and parents. The session focused on understanding emotions and learning healthy ways to manage anger. Parents and children actively participated and shared their experiences. Such sessions help build positive relationships and emotional well-being in families.

SEHAT PROGRAM

OUR ACTIVITIES IN JANUARY 2026



Under the Sehat program, ration distribution was carried out at the Mankhurd centre. Essential ration kits were distributed to 51 families in need. The initiative aimed to support families with basic nutrition and food security. Such efforts help strengthen community health and well-being.

Under the Sehat program, meals were distributed every Tuesday this month in collaboration with Helping Hand NGO to support community members. This initiative provided consistent nourishment and care for those in need, showcasing the importance of partnerships in serving the community.



Under the Sehat program, biscuits were distributed to students across all programs. This small initiative aimed to support children's nutrition and bring smiles to their faces. Students happily received the biscuits during their regular sessions. Such thoughtful efforts contribute to the overall well-being of our students.

Under Sparsha's SEHAT Program, we are working towards supporting poor and needy patients and strengthening healthcare services in Nashik district. In January 2026, Sparsha extended medical aid to 6 hospitals, providing essential healthcare materials such as thermometers, bed pans, knee caps, under bed sheets, under pads, air beds, syringes, cotton, BP machines, glucometers, walkers, gloves, diapers, heating gel bags, walker boots, and body wipes.

Through this initiative, we were able to reach 2560 beneficiaries, helping hospitals provide better care, comfort, and hygiene support to patients who need it the most.

OUR GRATITUDE

OUR ACTIVITIES IN JANUARY 2026



On 25th January 2025, IIT Bombay College hosted the Abhinay event, where many NGOs participated in various cultural activities. Students showcased their talents in dance, singing, reel-making, spot-word, and speech competitions. Sparsha students actively participated and won 1st prize in reel-making (Cyber Safety), 3rd prize in reel-making (Gender Equality), and 1st prize in solo singing, along with 2nd prize in group singing. The students enjoyed the event immensely, gaining confidence, exposure, and memorable experiences.



On 9th January 2026, representatives from Thaison Company visited the community centre. They interacted with students and staff to understand the programs and activities at the centre. The visit helped build connections and explore opportunities for future collaboration. Such visits strengthen partnerships and support community development initiatives.

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OUR GRATITUDE

OUR ACTIVITIES IN JANUARY 2026



On 9th January, marathon students visited SVP Karishma Ma'am's home for a special lunch. The students were warmly welcomed and enjoyed a homely meal together. The visit created a joyful and bonding experience for the students. Such gestures of care and encouragement motivate students and make them feel valued.

On 17th January 2026, SVP Leaders (Leader 7 group) visited the RTO office and later the community centre. During the visit, they interacted with parents to understand their journey with Sparsha. Parents shared their experiences and the positive impact Sparsha has had on their children. The interaction helped strengthen trust and connection between the community and the leaders.



Students from the Swayam and Sanskar programs came together for a painting and drawing session. The session was guided by Manishi Ma'am, who encouraged creativity and teamwork. Students expressed their ideas through colors and enjoyed learning together. Such collaborative activities help build confidence, creativity, and bonding among students.

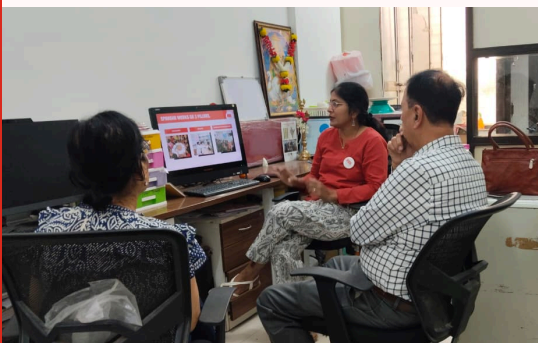
OUR GRATITUDE

OUR ACTIVITIES IN JANUARY 2026



On 11th January 2025, a Pathik session was conducted in Vile Parle, focusing on staff capacity building. A total of 17 staff members participated in the session. The session aimed at strengthening skills, knowledge, and teamwork among the staff. Such capacity-building initiatives help enhance effectiveness and professional growth.

On 3rd January 2026, a Sanskar teachers' meeting was held at the RTO office for AIP planning. A total of 8 teachers participated in the meeting. The discussion focused on academic planning, student progress, and upcoming activities. Such meetings help strengthen coordination and ensure effective program implementation.



On 12th January 2026, a donor visit was organized at the RTO office with students. Donors interacted with students and observed ongoing activities at the centre. The visit provided an opportunity to share students' learning experiences and progress. Such interactions strengthen relationships and support our shared mission.

A reunion for former students with Sarika Ma'am allowed them to share their journeys, discuss future goals, education, and career plans. The session fostered guidance, reflection, and motivation, helping students stay connected and inspired for the future.



OUR GRATITUDE

OUR ACTIVITIES IN JANUARY 2026



On 26th January, all centres celebrated Republic Day with great enthusiasm. Students participated in cultural performances, including dance, and showcased their talents. Teachers explained the importance of Republic Day and why it is celebrated. The celebration helped instil patriotism, unity, and pride among students. The tricolor flag was hoisted with reverence, followed by the singing of the national anthem, filling the air with a sense of national pride. Each centre organized special activities, such as art competitions and essay writing, encouraging students to express their love for the country creatively. The day concluded with a heartfelt pledge to uphold the values of the Constitution, leaving everyone inspired and determined to contribute positively to society.



On 26th January, Republic Day was celebrated at Siwari Wadala School with great pride and enthusiasm. Sarika Ma'am visited the school as a special guest for the occasion. Students presented beautiful cultural performances and showcased their talents. The celebration filled the campus with patriotism, joy, and inspiration.

Mata Palak Diwas was celebrated at Sardar Nagar School with great enthusiasm. Parents prepared delicious homemade food and actively participated in the celebration. Sarika Ma'am visited as a special guest, tasted the food, and selected the winners. The event strengthened parent involvement and created a joyful community atmosphere.



OUR GRATITUDE

OUR ACTIVITIES IN JANUARY 2026



On January 18, 2026, the Tata Mumbai Marathon featured 10 Sparsha students in the 10 km run and one staff member in the 21 km run, alongside Don Bosco students and All Time Plastic representatives in the Dream Run. Suleksha Ma'am from Lead Earth motivated participants, fostering fitness, teamwork, and community spirit. The event was a success, marked by shared achievements and camaraderie. Additionally, it served as a fundraiser for Sparsha Trust, supporting its mission to empower underprivileged communities. Upcoming workshops will focus on education and skill development, encouraging community involvement for a brighter future.