

SPARSHA CHARITABLE TRUST

CARE FOR HUMANITY...

"Education is not preparation for life;
education is life itself." – John Dewey





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Dear Friends,

As we step into March 2025, I am filled with gratitude for the incredible progress we continue to make together. This month has been particularly special as we celebrated International Women's Day under our **Saksham program**, empowering 350 women through workshops, discussions, and skill-building sessions. It was inspiring to witness their strength and determination to shape a better future for themselves and their families.

Our **Shiksha program** continued to strengthen early childhood education, ensuring that children receive the right foundation for lifelong learning. The **Sanskar program** played a vital role in keeping children engaged in school, enhancing their math and language skills through interactive methods.

On the health front, our **Swastha** initiative expanded its reach, offering crucial health check-ups and awareness sessions to marginalized communities. The **Swayam program** equipped adolescents with essential life skills, helping them gain confidence and prepare for future challenges.

A heartfelt thanks to everyone who contributed to the Toys and Stationery Collection Drive, bringing smiles to many young faces. These small acts of kindness create lasting joy and motivation for children to learn and grow.

Every step we take together is shaping a more inclusive, educated, and healthy society. I am grateful to our dedicated team, partners, and well-wishers for being a part of this mission. Let's continue striving for change and empowerment, one life at a time.

With gratitude,

Sarika Desai

CEO of Sparsha Charitable Trust

SHIKSHA PROGRAM

Our Activities in March 2025

On March 7, 2025, the Shiksha Program hosted a session on India's diverse festivals, including Diwali, Holi, Eid, and Christmas. The session highlighted their significance in promoting unity and cultural heritage. Teachers stressed festivals' roles in fostering social bonding and enhancing students' appreciation for India's traditions, emphasizing the importance of cultural awareness and unity in diversity.



On March 20, 2025, the Shiksha Program emphasized exam readiness by providing students with preparation strategies and practice tests to assess their understanding. The initiative aimed to improve critical thinking, time management, and problem-solving skills, fostering confidence and clarity in exam approaches while supporting academic excellence and holistic learning.

On March 12, 2025, the Shiksha Program conducted an interactive Color Matching activity for students. The session, led by a dedicated teacher, helped young learners identify and match colors, enhancing their cognitive and creative skills. Through engaging exercises, students explored different color combinations, fostering both learning and fun. This initiative reflects the program's commitment to holistic education.



SANSKAR PROGRAM

Our Activities in March 2025



On March 15, 2025, Sanskar Program students visited the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, gaining insights into India's history through exhibits of ancient coins, royal jewelry, and more. They engaged in hands-on activities like pot making and tie-dye, enhancing their creativity and appreciation for cultural heritage. This immersive experience deepened their understanding of India's past and instilled pride in their heritage.



On March 11, 2025, the Sanskar Program hosted a puppet show by SNTD College, teaching students about healthy eating habits. The interactive performance highlighted the dangers of junk food and benefits of nutritious meals, reinforcing wellness and mindful eating in a fun, educational way.



On March 12, 2025, SIWS College students hosted a game-based activity for the Sanskar Program, teaching children about good touch and bad touch. Through interactive discussions and fun activities, participants learned about personal safety and body awareness while enjoying snacks. This initiative effectively combined learning and engagement, empowering students with essential knowledge in a supportive setting.

SWAYAM PROGRAM

Our Activities in March 2025

On March 18, 2025, the Swayam Program held a career guidance session for 10th and 12th graders, led by the CEO of Sparsha Charitable Trust. The event offered insights into career opportunities and the significance of informed decision-making. Students learned about educational pathways and skill development, empowering them to make confident choices for their future and guiding them towards successful careers.



On March 25, 2025, Swayam Program students visited Tata Realty Ltd. Employees shared insights about the real estate industry, architecture careers, and professional fields. The session offered guidance on career prospects, industry trends, and required skills. Snacks were provided to enhance the engaging experience for participants.

On March 22, 2025, the Swayam Program organized a refreshing yoga session, promoting physical and mental well-being among students. Through guided exercises and breathing techniques, students learned the importance of fitness, relaxation, and mindfulness in their daily lives. This session encouraged students to embrace a healthy lifestyle, enhancing their focus, flexibility, and overall well-being.



SAKSHAM PROGRAM

Our Activities in March 2025

On March 24, 2025, the Saksham Program conducted a Parents' Meeting at all centers to support children during exams. Teachers provided guidance on study techniques, stress management, and creating a positive home learning environment, highlighting parents' crucial role in their child's academic success and promoting a supportive atmosphere for better exam performance.



On March 12, 2025, SNTD College textile and fashion design students held a session under the Saksham Program, educating students and parents about fabrics, textile production, and creating 2-in-1 garments. A drama presentation illustrated ethical and unethical practices in clothing factories, promoting awareness of sustainable fashion. The session offered valuable insights into the fashion industry and responsible production practices.

In March 2025 every Saturday, the Saksham Program held monthly Mehndi classes at various centers, enabling parents to learn and improve their Mehndi skills. With expert guidance, participants mastered intricate designs, fostering creativity and skill development. This initiative empowers parents with an artistic skill that may lead to self-employment and financial independence.



SWASTHA PROGRAM

Our Activities in March 2025

A health camp benefiting over 2,000 students in BMC schools provided essential check-ups and medical support to promote well-being and a healthier learning environment. Medical professionals from St. George's Hospital contributed their expertise in examining and guiding students on health parameters.



04/03/2025 & 23 /03/2025
Woman Rao School
1374 Students



05/03/2025
Sardar Nagar School
820 Students



06/03/2025
Pratiksha Nagar School
820 Students



21/03/2025
Joglekar Wadi – 241
students examined

Through this initiative, students received health screenings, early diagnoses, and medical advice, showcasing a collaboration between healthcare professionals and educational institutions. This successful health camp significantly enhances medical attention for children in BMC schools, promoting their growth and academic success.

SPECIAL PROGRAM

Our Activities in March 2025

On March 8th, Sparsha, in collaboration with Apnalya, hosted a vibrant Women's Day Celebration, bringing together women from diverse backgrounds to participate in a day filled with empowerment, entertainment, and education. The event featured an array of performances and activities, including dance, singing, stand-up comedy, and interactive sessions, showcasing the talents and confidence of the women in our community. The event featured distinguished guests, including police officers who inspired women to embrace their rights. Post office representatives shared insights on government schemes for women, while health department experts conducted sessions on hygiene and wellness. The Health Assist Team distributed sanitary pads and educated attendees on PCOS and PCOD, enhancing community awareness of women's health. BMC school teachers also motivated the women present. Overall, the celebration blended learning, enjoyment, and empowerment, highlighting women's contributions to society and fostering unity and progress.



OUR GRATITUDE

Our Activities in March 2025

Stationery Distribution by Nipa Ma'am On March 22, 2025, Nipa Ma'am distributed stationery materials to 30 students under the Sanskar Program. This thoughtful initiative aimed to support students in their education by providing essential learning resources. The gesture encouraged students to stay motivated and focused on their studies, reinforcing the importance of education and academic growth.



We sincerely thank you for your unwavering support in making the Tata Communication | Mumbai | Career Readiness Kit initiative a success. Your contributions empowered 50 young individuals with essential resources for their careers. Special thanks to Tata Communications, Mumbai & Goodera for donating the kits. Your commitment to career development is commendable and greatly appreciated.

Heartfelt thanks to Aditi for organizing a special toys and stationery collection drive with Bandra residents! Your kindness and efforts will bring smiles to many children. Grateful for your support.

