

NEWSLETTER



ANIMEDH CHARITABLE TRUST

ACT to make a difference

If **marathons** are about endurance and giving is about heart, then this quarter at ACT has been a full-on **triathlon of impact**. From volunteers lighting up our community centres with their mentorship, to artisans sharpening their skills and confidence, to children and mothers gaining stronger foundations in health and nutrition—we've been **flying, teaching, and growing together**.

AND GUESS WHAT?

The next lap includes the **Joy of Giving Week** and gearing up for **Tata Mumbai Marathon**. Time to lace up your shoes (and maybe your generosity) as we take our mission even further.



VOLUNTEER & INTERN SPOTLIGHT

This quarter, ACT shines the spotlight on its incredible volunteers and interns.

Take it from one of our **volunteers** from Mumbai:



“Teaching these bright young minds was an enriching experience. Their curiosity inspired me, and the journey left me with memories and lessons I’ll always cherish.”

Read [here](#) the full story

From guiding artisan children through academics to offering mentorship and encouragement, our volunteers and interns embody ACT’s mission of learning and growing together. Their passion doesn’t just fuel projects; it builds futures.

Big thanks to all our volunteers and interns; you’re the real changemakers.



PROJECT UPDATES



Project Mantrana (Mental Health):

In its pilot year across **5** villages in Khanvel, ACT Community Mental Health Workers created emotionally safe spaces and promoted preventive mental health practices. **8** awareness sessions at Birsha Munda Government School engaged **725** students, focusing on adolescent mental well-being.



Poshan ki Disha (Maternal & Child Health and Nutrition):

Poshan ki Disha is a transformative initiative aimed at improving maternal and child health and reducing malnutrition in Dadra & Nagar Haveli and Daman & Diu (DNH & DD), through implementation of the **1000** days program and system strengthening approach.

This is a collaborative initiative between Animedh Charitable Trust (ACT), Society for Nutrition, Education, and Health Action (SNEHA), and the Department of Women and Child Development (WCD), DNH & DD.

Under this project, ACT is implementing the **1000** Days model in **28** Anganwadis, while SNEHA is strengthening the ICDS and public health staff through monthly Thematic and Skill-based trainings across **405** Anganwadis. Out of these **405** Anganwadis, intensive support to **70** most vulnerable Anganwadis are provided for the reduction of malnutrition through facilitating convergence between the public and the health & nutrition department.

We extend our heartfelt appreciation to the Great Eastern Foundation for their invaluable support, which has made a significant impact on our endeavours.



ARTISANS SOCIO-ECONOMIC EMPOWERMENT



In this quarter, ACT enhanced the skills of artisans by conducting a comprehensive skill assessment, technical workshops focused on quality and efficiency, and capacity-building sessions. Additionally, the women artisans participated in financial literacy and self-defense workshops, boosting their confidence and promoting long-term sustainability.

Our **193** artisans produced a total of **116,500** pieces, with an average quarterly income of approximately **INR 12,690**.



A Sweet, Sustainable Escape with ACT!

Amid our busy lives of service and support, our talented artisans took a well-deserved moment to recharge. This joyful day was filled with happiness, emphasizing our commitment to having fun responsibly while staying connected with nature's beauty.





PLAN FOR THE NEXT QUARTER



ACT is gearing up for **Daan Utsav – the Joy of Giving Week**, and we're excited to spread the spirit of generosity across our programs. We are also preparing to onboard corporates for the **Tata Mumbai Marathon**, creating opportunities for greater collaboration and impact.

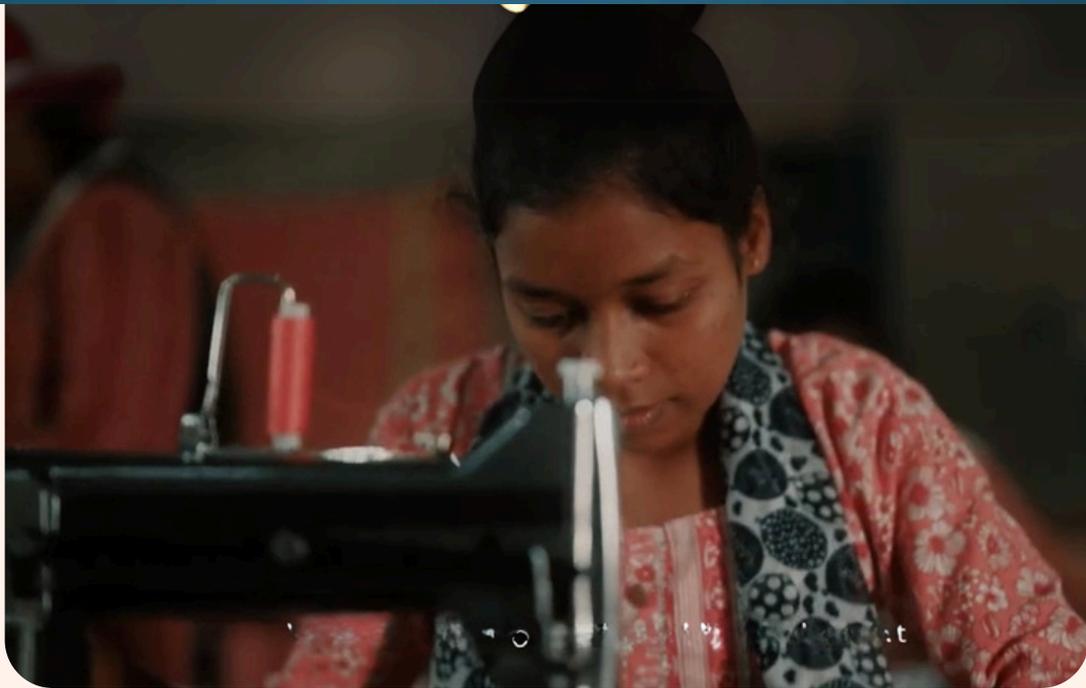


I can make a difference



If you or your organization wish to participate in these upcoming initiatives, we invite you to join us.

Together, let's amplify change and make every step count.



Every quarter, every project, every volunteer adds another stitch to the fabric of change. Thank you for being part of our journey!

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