

CEPHAS JOURNAL

OCTOBER 2024

A monthly update on our activities & events



What's inside ...

- **Celebrate clean hands**
- **Learning across the centres**
- **Food day**
- **Update from Jammu**



CELEBRATE CLEAN HANDS

In line with the WHO theme, "Why Are Clean Hands Still Important?", we took the initiative to teach children in the community about the importance of washing hands at key moments to protect themselves from germs that cause infections. As a sign of their commitment, the children added their handprints on a chart, symbolizing their participation in staying healthy and safe.



LEARNING ACROSS THE CENTRES

Raising awareness and demonstrating proper health practices are essential activities at our study centers, where children gather each day to learn and grow.



Joyful learning, Healthy living!

FOOD DAY

On World Food Day, our team in Assam distributed a pack of wholesome meal to 35 homeless near the bus stands, railway stations, and those on the roadside. Each food packet was distributed with the hope of making a small but meaningful difference in their lives and spreading the message of compassion.



UPDATE FROM JAMMU SKILLED HANDS

The Skilled Hands project provides transformative support to women in rural communities by offering skill training and empowering them to become self-reliant.



Young Sonakshi shares, "My father is an alcoholic. Gaining this skill to support my family financially feels like a dream come true."

The Beauty of Caring

"You have the power to protect someone this winter."

This winter, you can make a real difference. With a contribution of just Rs 800, you'll provide a warm blanket to shield a child, a family, or a homeless individual from the biting cold. Help us bring warmth and comfort to those in need—your generosity can be a lifeline this winter.



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