CEPHAS JOURNAL

October 2026



Raidang bangali LP school,Shukanpukhuri LP School, Assam

We value the opportunity to work alongside government schools and local institutions in reaching children and strengthening community awareness.

Through ealth education and practical life skills, CEPHAS Foundation contributes to a healthier and more empowered rural India.

This initiative catered to 40 students in Raidang & 80 students in Shukanpukhuri schools.



Global Handwashing Day awareness program

Good health begins with simple everyday habits, and handwashing with soap is one of the most effective ways to prevent the spread of infections. Schools play an important role in helping children understand and practise good hygiene from an early age.



Interactive teaching and practical demonstrations, helped children learn the correct steps of handwashing and when it is important to wash their hands.





Handwashing awareness program
Hale Njanjapura Karnataka

In a small community in Karnataka, a handwashing awareness session brought 21 children together to learn about the importance of hand hygiene and its role in preventing illnesses. With a government school teacher leading the session, children joyfully participated in learning and practising the steps of handwashing in the right order.
The demonstration drew the attention of community members who gathered around to watch and learn.



Food Day

Packed with Love, Shared with Care

World Food Day is a reminder that access to food is a basic human need and that caring for one another begins with simple acts of kindness. To mark the occasion, CEPHAS Foundation, Karnataka reached out to street workers, local vendors, and homeless with fresh homemade food packets.





A total of 65 food packets were distributed, bringing a warm meal and a moment of care to individuals who are often occupied with their daily struggles and livelihoods.





Visit our website or use the QR Code to donate
+91 93440 94995 cephasfoundation@cnrb
CephasFoundation.in CephasConnect
CephasFoundation.in info@CephasFoundation.in