



BHAROOSA FOUNDAATION

Let's Help Each Other

NEWSLETTER | VOLUME #2 | SEPTEMBER 2022

Bharoosa Foundaation is a volunteer-driven, non-profit organization which has been set up to help and uplift the marginalized section of society. The tagline of the NGO is '**Let's help each other**' and this thought is the guiding principle of all the initiatives at Bharoosa.

The foundation is building a community of like-minded people who trust each other and are there for each other's support in times of need.

We believe that the purpose of human life is to serve, show compassion and help others. We work under the following programs



AAHAR – Food Drive



AAVARAN – Clothes Drive



KREEDA – Sports Drive



AAROGYA – Health Drive



SHAKTI – Women Empowerment



ANKUR – Plantation Drive

EVENTS

1. *Food Distribution at Sai Dham Mandir, Uppal Southend Sector 49* 5th Sept
2. *Health check up camp at Vishnu Garden, Part-1, Rajendra Park* 11th Sept
3. *Food distribution at Shri Shani Mandir Sector 66 Gurugram* 13th Sept
4. *Free sanitary napkins distribution under the "Shakti Campaign" at Hans Enclave, near Hero Honda Chowk, Gurugram* 18th Sept
5. *Food distribution at Shri Durga Mandir Sector 39, Gurugram* 27th Sept

SHAKTI - Sanitary pads distribution program



Education on menstrual hygiene is a big taboo in India. It might be awkward for women to openly ask a male family member for sanitary items (who generally fetch goods from the market). Women are restricted to their houses and rely on male or older female household members to buy sanitary supplies, especially in rural regions

Moreover girls reduce their food and drink intake to reduce potty usage so they don't have to change pads as frequently since pads are scarce. Over time, these habits can cause serious health problems.

Poor women, particularly those in rural regions, struggle to obtain sanitary pads each month to manage their period. Menstruation cleanliness and menstrual health are not well known. They opt alternatives like rags and ash, or worse, they do nothing since they live in a culture of shame and quiet.

This makes their daily suffering related to this essential requirement even worse. Over thousands of sanitary pads have been provided as part of the Bharoosa Foundation's "Shakti" programme, and number of awareness events have been held among the most underserved areas all throughout the nation.

The Bharoosa Foundation educates the urban population about this fundamental need and inspires urban neighbourhoods to donate for this noble cause. We request you to join us in supporting this initiative in order to keep this distribution going. By contributing to this initiative, you may give women and girls in underserved areas access to sanitary pads to help them manage their periods.



AAHAR - Food Distribution Events

We believe that no child should suffer from malnutrition or poor health irrespective of their socio-economic background. Under Mission Aahar, we help unprivileged people by serving them food. We strive to eliminate hunger by organizing Meal campaigns and providing Roshan Kits.

In the month of September, following food drives were organized.

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|--|-----------------------------|
| <i>Sai Dham Mandir, Uppal Southend Sector 49, Gurugram</i> | 5 th Sept, 2022 |
| <i>Shri Shani Mandir Sector 66 Gurugram</i> | 13 th Sept, 2022 |
| <i>Shri Durga Mandir Sector 39, Gurugram</i> | 27 th Sept, 2022 |





For volunteer or donating money, please contact us @
9015836407, 99107774779





AAROGYA - Free Health Camp

On 11th September 2022, Health check-up camp was organized at Vishnu Garden, Part-1, Rajendra Park, Gurugram





PROUD MOMENTS

बुलन्द खोज **गुरुग्राम** बुलन्दशहर 5
गुरुवार, 1 सितम्बर 2022

समाज कल्याण के कार्यों में जुटा है भरोसा फाउण्डेशन : हेमंत बहुखंडी

गुरुग्राम, बुलंद खोज / लोकेरा कुमार। सामाजिक संस्था भरोसा फाउण्डेशन द्वारा बसई एंक्लेव क्षेत्र स्थित शिव मंदिर परिसर में भोजन अहार मुहिम के तहत प्रसाद वितरण किया गया। संस्था मिलाने कार्य समय से यह मुहिम चलती आ रही है। संस्था के संस्थापक हेमंत बहुखंडी ने मंदिर में भजन को भी प्रोत्साहित कर प्रसाद वितरण आरंभ किया। हेमंत बहुखंडी का कहना है कि संस्था समय-समय पर जरूरतमंद लोगों के लिए निराला स्वस्थ जूंच शिवांग अर्थात् वितरण करती आ रही है। पोषाहार, भोजन, कपड़े वितरण आदि अर्थियन भी चला रही है। संस्था के पदाधिकारी समय-समय पर जनकल्याण के कार्यों को पूर्ण के अलावा भोग के अनुसार भी लोगों को मदद भूतल करने में सदैव तत्पर रहते हैं।

उनकी संस्था का प्रमुख उदेश्य जरूरतमंदों को सुविधाएं उपलब्ध कराना है। कार्यक्रम में सामाजिक कार्यकर्ता डीएस नेगी, धर्मवीर कटारिया, कैप्टन सीएस निगाल, रज सिंह चौहान, नवीन दहिया, पवन पाठक का मुख्य सहयोग रहा। कार्यक्रम को सफल बनाने में संस्था के ललित वैभवा, विरजु नेगी, अमित सिंह आदि का सहयोग रहा।

प्रसाद वितरण करते संस्था के सदस्य।

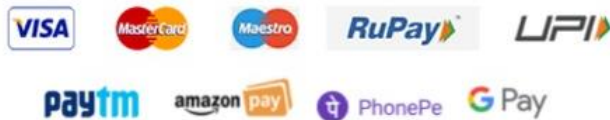
समाज कल्याण के कार्यों में जुटा है भरोसा फाउण्डेशन : हेमंत बहुखंडी

अमर भारती संवाददाता

गुरुग्राम, सामाजिक संस्था भरोसा फाउण्डेशन द्वारा बसई एंक्लेव क्षेत्र स्थित शिव मंदिर परिसर में भरोसा अहार मुहिम के तहत प्रसाद वितरण किया गया। संस्था फिजो कार्यकर्ता डीएस नेगी, धर्मवीर कटारिया, कैप्टन सीएस निगाल, रज सिंह चौहान, नवीन दहिया, पवन पाठक का मुख्य सहयोग रहा। कार्यक्रम को सफल बनाने में संस्था के ललित वैभवा, विरजु नेगी, अमित सिंह आदि का सहयोग रहा।

DONATE 50 Meals @1000/-	DONATE 100 Meals @2000/-	DONATE 250 Meals @5000/-	DONATE 500 Meals @10000/-
PLANT 50 saplings @1000/-	DONATE 500 Pkt Pads @10000/-	DONATE 50 Blankets @20000/-	DONATE 5 sport kits @7500/-

Avaiable Payment Options



Scan to Donate

