

# CHHAYAnke

## SWASTHYA SUSHIKSHIT SURAKSHIT CHHAYA



### CHHAYANKE ANNA-DAAN AT NALLAGANDLA

After Bhojan Tripathi campaign within Aparna Sarovar Grande (ASG) for the community staff, vendors and helpers which was successfully run for a month starting 25th March, CHHAYAnke kickstarted the Anna-Daan outside the community for those affected by #COVID19. This initiative has been launched under the able guidance of **Mrs. Garima Agarwal Goyal**, a core member of CHHAYAnke and the lead for Joy of Giving and Relief activities. *CHHAYAnke thanks all the donors/volunteers who have whole-heartedly contributed/worked to make this Anna-Daan possible during lockdown!*

1

#### ANNA DAAN

CHHAYAnke spreads its wings outside ASG to reach the needy during lockdown

2

#### SURAKSHITH CHHAYA

Donations from ASG residents towards COVID RELIEF for community helpers

3

#### WELLNESS WEEK

Yoga & Wellness contests/live Sessions boosted positivity across all groups.



#### A registered NGO & NPO

CHHAYAnke is a women-led organisation focusing primarily on Women & Child Safety (POSH & POCSO), Health & Wellness and Environment.

#### International Women's Day- Recognition for CHHAYAnke

The founder- Nidhi Trivedi Mishra was felicitated at Saraswati Vidya Mandir for her contributions to social



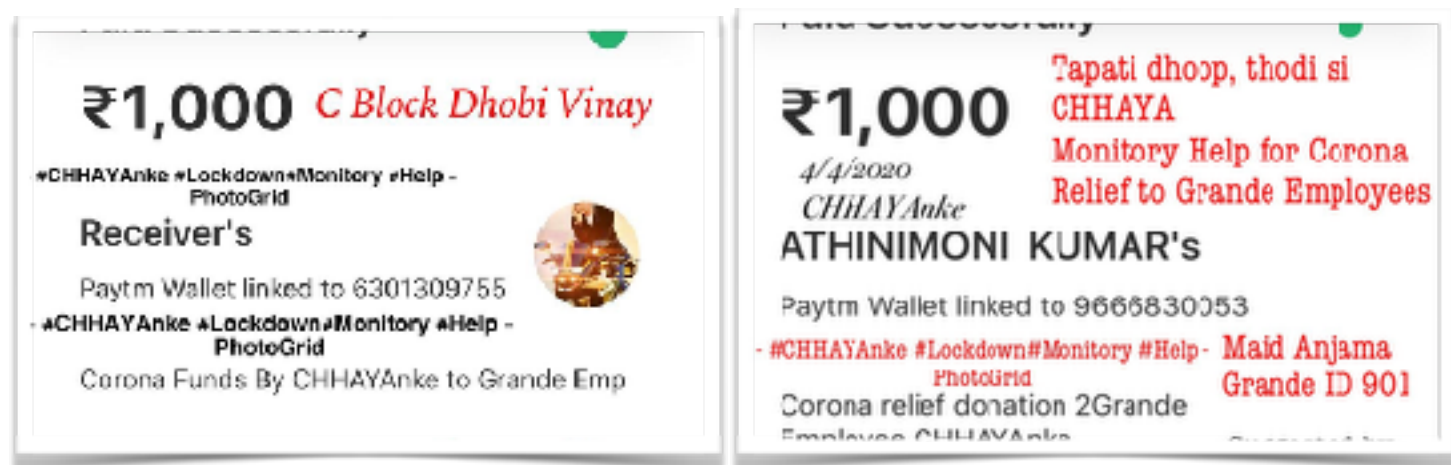
work by a local philanthropic organisation in 2019. In 2020, she was honoured by IIECT on 8th March.

## SWASTHYA SURAKSHITH CHHAYA

CHHAYAnke started this fundraising drive for the employees of ASG that has 600+ community helpers who serve the society residents. Due to lockdown a lot of these helpers including drivers, laundry services, cleaners, newspaper boys etc. have been impacted and are struggling to meet their medical and other daily needs. INR 85000 donations received of which 65000 was donated in cash and 20000 via online payments based on name-recommendations received from ASG residents on the needy staff/helpers.



*CHHAYAnke thanks all its donors who have wholeheartedly supported this noble cause and helped the needy during difficult times!*



## YOGA & WELLNESS WEEK - # STAY HOME STAY POSITIVE CAMPAIGN

The Wellness week was kickstarted with an energising **Chair Yoga session by Moushumi Saini** on 19th April, post which all the contests around the theme of wellness were run through the week. CHHAYAnke salutes all the #Positivity Champions who participated in the events.

We welcome one & all to our **final event on 26th April**, which will be a live session with **Dr. Sejal Shah**.

**DR. SEJAL SHAH**



Dr. Sejal is a consultant Homeopath, Wellness Coach, alternative therapist and a healer who firmly believes in incorporating a holistic healing approach along with adopting healthy and medicine free lifestyle. She is the founder of setuhealthcare.com, an online platform created to help individuals achieve holistic health by providing authentic information coupled with specific set of services.

**26TH APRIL**  
Sunday - 5 pm



To register for the session, send your Name and Mobile Number to [chhayankcovidrelief@gmail.com](mailto:chhayankcovidrelief@gmail.com) by 26th April, 11 am



## MEET THE WINNERS: WELLNESS WEEK



**Saanvi Agrawal (B-402)**

## Category: 5 – 10 years



**Chiya Agarwal ( I-1603)**



## Mishika Gupta ( B- 1603)

## Category: 1 – 5 years



**Mohira Avula (B - 504)**



**Swati Jain ( E- 403)**  
**ART - 18 & above**

## CREATIVITY CHALLENGE



**Dr. Kranti Kosraju ( I- 1501 )**  
**Blog - 18 & above**

CHHAYANKE CONGRATULATES ALL THE WINNERS - # POSITIVITY CHAMPIONS  
DIGITAL CERTIFICATES FOR ALL THE CONTESTS WILL BE EMAILED TO PARTICIPANTS BY 28TH APRIL

## WELLNESS BEGINS WITH YOU - A BLOG BY DR. KRANTI KOSRAJU

As I begin to write, I am reminded of a Word from the **Holy Bible** - "*Love thy neighbour as thyself*".

We are so good in loving our neighbours - be it our own family, spouse, children, relatives, neighbours next door, strangers in need, orphans, old age homes to name a few which was manifested during this time of crisis. We have all shown our solidarity in helping the helpless and to be a ray of hope to those dwelling in the darkness of uncertainty. Let me take a moment to THANK all of us for this benevolent support to our society.

Having said this, I ponder if we do enough to love ourselves?

Do we even consider loving ourselves a necessity? Should it be?

Unfortunately, for most of us, especially WOMEN, the answer might be a ?!

If so, let me remind you again - '*Love thy neighbour as thyself*'. *Love yourself enough to feed your mind and body in healthy ways*. You are equally important as your neighbour in need.

It is important that we take time to *look within ourselves* - analyse our emotional, spiritual, mental, social and physical needs and well being. Remember, Health, as defined by WHO, includes wellness of all the spheres of our life. As much as we focus on helping our neighbours, let's focus on *helping and strengthening ourselves* with positive thoughts, positive emotions, healthy body and healthy state of mind. Let's fuel and renew ourselves with that gush of positivity in our spirit and soul and let joy and wellness spring forth from within us. Let it begin with **YOU** and radiate to all our neighbours and to the society at large.

May all of us be well and our Country and the World, as a whole, be well. Here's wishing all my dear WOMEN a success-WELL life!

**- A Woman who dares to love herself.**



## LOCKDOWN STORY – WHO MOVED MY HOUSE?



**Do you know this man who comes every single day to Aparna Sarovar Grande?**

This is Anandam, a GHMC employee, who along with 2 other family members - wife Kalavathi and father Anjaiah, is a daily visitor at Grande who helps keep our community safe & clean through the garbage collection drive.

Anandam, a resident of TN nagar colony, lost his tent during a recent road widening/repair/sanitisation work by Government as the tent they lived in was an unauthorised encroachment.

The family of 5 people is now on the road, without a home and CHHAYAnke has stepped up to provide monetary support to the family in distress that has served the Grande community for the last 3 years.

**To contribute to this humanitarian cause, please use this QR code to make the payment to CHHAYAnke. Join hands with CHHAYAnke and donate of INR 500 & above to help Anandam find a place to survive through the lockdown.**

