

SEPTEMBER EDITION

# Cathedral Cares



## *Food Security*

Editor in-Chief, Aaditya Agarwal

# Cathedral Cares

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Dear Readers,

Welcome to this Edition of Cathedral Cares 2025! Over the past year, this newsletter has highlighted the incredible work of over a dozen charitable organisations across India. Cathedral Cares has convinced children of all age groups across the Cathedral and John Connon Senior School to volunteer and make an impact through fighting different worldwide issues.

This edition's theme is Food Security and Educational Equity: In 2024, India ranked 105th out of 127 countries on the Global Hunger Index, with over 195 million people undernourished, accounting for nearly a quarter of the world's total undernourished population. At the same time, educational inequality remains a pressing challenge. Millions of children, particularly from rural and marginalised communities, lack access to quality schooling, digital resources, and supportive learning environments. The organisations featured in this edition are just a few of the many working tirelessly to confront this urgent issue. By volunteering with them, you can help raise awareness, provide direct support, and contribute to long-term solutions. Every effort, no matter how small, brings us closer to a future where no child goes hungry and every child has the opportunity to learn. We truly hope you take the time to support this cause in any way you can.

# NOURISHED NATIONS

BY PAVIT LAUNGANI

Founded in 2024 by students of Cathedral and John Connon School, Pavit Laungani and Naasha Mahadevia, Team Nourished Nation was created to tackle a pressing issue: despite having access to food, many urban residents remain uneducated about nutrition, leading to poor diets and related health problems. After researching possible solutions, the team concluded that raising awareness is the most effective way forward.

Since then, the team has organized a variety of initiatives. They hosted a bake sale where over 100 banana muffins, almond cookies, and quinoa burgers were sold, while also engaging with peers about the nutritional benefits of these foods.



**BAKE SALE**



The leftover food was distributed to more than 15 families in low-income areas, where the team shared the causes of poor nutrition and strategies to overcome them. To extend their reach, they launched an Instagram account dedicated to nutrition awareness, posting about the benefits of healthy foods, the risks of junk food, and recipes for healthier alternatives.

# NOURISHED NATIONS



The team also visited a slum community to explain the importance of balanced meals, providing meal plans and distributing nutritious food packets. In addition, they gave a talk to 7th graders, highlighting the importance of nutrition, tackling body image issues, and offering practical solutions.

Looking ahead, Team Nourished Nation's next and most important aim is to conduct bimonthly food drives, with 10–15 school volunteers delivering nutritious meals to NGOs \ working with underprivileged communities.



## VOLUNTEERING

Students can contribute by signing up as volunteers through [nourishednation2025@gmail.com](mailto:nourishednation2025@gmail.com) or +91 9833797827, and by engaging with the team's Instagram page to spread the message further. Together, we can build a healthier, better-nourished nation.



# ANNAMRITA FOUNDATION

BY SANIDDHYA JAIN

The Annamrita Foundation, founded in 2004, is one of India's leading NGOs working to fight hunger and malnutrition. Inspired by the Sanskrit words "Anna" meaning food and "Amrita" meaning nectar, the foundation believes that food is not just about survival but a path to health, education, and equality.



By collaborating with central and state governments, Annamrita runs large-scale programs such as the Mid-Day Meal initiative, which provides nutritious lunches to children in government-aided and non-aided schools. These meals not only fill empty stomachs but also encourage students to attend school regularly, focus better in class, and pursue a brighter future. Beyond schools, the foundation has extended its work to serve daily wage earners, slum residents, healthcare workers, and frontline heroes.

In a country where 14% of the population is still undernourished and India ranks 94th out of 107 on the Global Hunger-Index, Annamrita is committed to breaking the cycle of poverty by ensuring that vulnerable communities receive nourishing meals every day.

# ANNAMRITA FOUNDATION

As students, we too can play a part in this mission. By organizing fundraisers and donation drives, or encouraging our families and friends to support Annamrita, we can directly contribute to providing meals for children who need them most. Alongside this, we can raise awareness about Annamrita's work within our school community and beyond, using platforms like social media to highlight the importance of tackling hunger. By lending our voices, our time, and our support, we can help the foundation reach more children and communities.



## VOLUNTEERING

To donate, please [click here](#)

For donor queries and corporate , contact **+91 9323111690** or **022-23531530**

# ROBIN HOOD ARMY

BY AADHYA BHAGERIA

The Robin Hood Army (RHA) is a volunteer-driven, zero-funds organization that collects surplus food from restaurants and communities and shares it with people in need. Hunger remains one of the world's biggest challenges—every 10 seconds a child dies from hunger, one in every eight people goes to bed hungry, and yet one-third of all food produced globally is wasted. Shockingly, 82% of hungry people live in countries with food surpluses, not shortages. Since beginning in Delhi in 2014, RHA has grown to hundreds of cities, serving millions of meals through the efforts of students, professionals, and everyday citizens.



You too can make a difference—volunteer a few hours a week, donate food, or help children learn at the Robin Hood Academy. Together, we can beat hunger and bring out the best of humanity.

## VOLUNTEERING

To volunteer, please [click here](#)

For any queries, email [info@robinhoodarmy.com](mailto:info@robinhoodarmy.com) or contact **+918971966164**

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# MUKTANGAN

BY TARINI KILACHAND

Founded in 2003 by Elizabeth Mehta, Mukangan is based on the principle of “education for the community, by the community.” What started off as a small preschool in Worli has now expanded into seven English medium municipal schools and a Teacher Education Centre that trains local women to become teachers. Mukangan’s learning goes far beyond academics. Children learn through music, drama, sports, and art, while also receiving nutritious meals and access to resources such as libraries and computer labs. Importantly, children with special needs are given personalised support, ensuring inclusivity in every classroom.

The organisation has trained over 800 community teachers and educates more than 4,000 children annually. Its outreach has impacted 75,000 children and 5,000 teachers across Mumbai. By empowering women to become educators, Mukangan uplifts families and builds stronger communities.





# MUKTANGAN



## VOLUNTEERING

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